

Skills Progression - RSE PHSE

Families and relationships						
Progression of skills and knowledge						
Sub-strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family	Exploring how families are different to each other.	Understanding ways to show respect for different families.	Learning that problems can occur in families and that there is help available if needed.	N/A	Identifying ways families might make children feel unhappy or unsafe.	N/A
Friendships	Exploring how friendship problems can be overcome. Exploring friendly behaviours.	Understanding difficulties in friendships and discussing action that can be taken.	Exploring ways to resolve friendship problems. Developing an understanding of the impact of bullying and what to do if bullying occurs.	Exploring physical and emotional boundaries in friendships.	Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship.	Identifying ways to resolve conflict through negotiation and compromise.
Respectful relationships	To recognise stereotyping	Exploring the conventions of manners in different situations.	Identifying who I can trust. Exploring the negative impact of stereotyping.	To be able to use respectful courtesy and manners.	Exploring and questioning the assumptions we make about people based on how they look.	Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes.
Change and loss	N/A	Exploring how loss and change can affect us.	N/A	Discussing how to help someone who has experienced a bereavement.	N/A	Exploring the process of grief and understanding that it is different for different people.

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Health and well-being						
Progression of skills and knowledge						
Sub-strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and prevention	Learning how to wash hands properly. Learning how to deal with an allergic reaction.	Exploring the effect that food and drink can have on my teeth.	Understanding why it is important to look after my teeth.	Developing independence in looking after my teeth.	Developing independence for protecting myself in the sun.	Discussing ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.
Physical health and well-being	Exploring positive sleep habits.	Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal.	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.	N/A	Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep.	Setting achievable goals for a healthy lifestyle.

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Mental well-being	Identifying different ways to manage feelings.	Exploring strategies to manage different emotions. Developing empathy. Exploring the need for perseverance and developing a growth mindset.	Being able to breakdown a problem into smaller parts to overcome it.	Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset.	Taking responsibility for my own feelings.	Developing strategies for being resilient in challenging situations.
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Safety and the changing body						
Progression of skills and knowledge						
Sub-strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being safe including online	To know that some types of physical contact are never appropriate.	Discussing the concept of privacy. Exploring ways to stay safe online.	Exploring ways to respond to cyberbullying or unkind behaviour online. Developing skills as a responsible digital citizen. Identifying things people might do near roads which are unsafe.	Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of sharing information online.	Developing an understanding of how to ensure relationships online are safe.	Exploring online relationships including dealing with problems.
Drugs, alcohol and tobacco	Learning what is and is not safe to put in or on our bodies.	Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.	Exploring that people and things can influence me and that I need to make the right decision for me. Exploring choices and decisions that I can make.	Discussing the benefits of being a non-smoker.	Learning to make 'for' and 'against' arguments to help with decision making.	Discussing the reasons why adults may or may not drink alcohol.
The changing adolescent body	N/A	To know the names of parts of my body including private parts.	N/A	Discussing some physical and emotional changes during puberty.	Identifying reliable sources of help with puberty.	Discussing problems which might be encountered during puberty and using knowledge to help.
Basic first aid	Practising making an emergency phone call.	N/A	Learning what to do in a medical emergency, including calling the emergency services.		Learning about how to help someone who is bleeding.	Placing an unresponsive patient into the recovery position.

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Citizenship						
Progression of skills and knowledge						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Citizenship	Recognising why rules are necessary. Exploring the differences between people.	Explaining why rules are in place. Learning how to discuss issues of concern to me.	Exploring how children's rights help them and other children. Considering the responsibilities that adults and children have to maintain children's rights.	Discussing how we can help to protect human rights. Identifying the benefits different groups bring to the local community. Discussing the positives diversity brings to a community.	Developing an understanding of how parliament and Government work.	Discussing how education and other human rights protect us. Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.

Skills Progression - RSE PHSE

Economic well-being						
Progression of skills and knowledge						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Economic well-being	Discussing what to do if we find money. Exploring choices people make about money.	Identifying whether something is a want or need. Recognising that people make choices about how to spend money.	Considering the advantages and disadvantages of different payment methods.	Identifying negative and positive influences that can affect our career choices.	Discussing risks associated with money.	Identifying jobs which might be suitable for them.
Identity						
Progression of skills and knowledge						
Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
						Exploring how the media might influence our identity.