RSE and PSHE PROGRESSION MAP OF SKILLS AND KNOWLEDGE AT TEMPLE HERDEWYKE PRIMARY SCHOOL AND NURSERY

Families and Friendship

	30-50 Months	40 –60 Months	ELG	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family	Begin to make sense of their own life-story and family's history. Develop their sense of responsibility and membership of a community. Show more confidence in new social situations.	Talk about members of their immediate family and community Name and describe people who are familiar to them.	Talk about the lives of people around them and their roles in society	Understanding that families can include a range of people and how different members of a family are related to each other	Learning that families can be made up of different people. Understanding that families offer care, love and support	Learning that problems can occur in families and that there is help available if needed	Understanding that families are varied, in the UK and across the world and having respect for these differences	Understanding that we all have different positive attributes and that we should be proud of these. Learning what marriage is and that it is a choice that people make. Learning that sometimes families can make children feel unhappy or unsafe and that there is help available	
Friendships	Play with one or more other children, extending and elaborating play ideas. Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations	Develop social phrases Think about the perspectives of others.	Form positive attachments to adults and friendships with peers.	To begin to understand the characteristics of positive friendships. Learning that friendships can have problems but that these can be overcome. Exploring friendly behaviours.	Understanding difficulties in friendships and 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 different roles related to bullying including victim, bullying and bystander	Understanding that friendships will encounter issues but that this may strengthen them. Understanding the impact of bullying and what might influence the behaviour of a bully	Learning that friendships can experience conflict and ways in which to resolve conflict through, negotiation and compromise.
Respectful relationships	Talk with others to solve conflicts. Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and	Build constructive and respectful relationships suggesting other ideas. Continue to develop positive attitudes about the differences between people	Work and play co-operatively and take turns with others. Show sensitivity to their own and others needs.	Learning to recognise how other people show their feelings and how to care for others. Exploring the ability to successfully work with different people.	Learning how other people show their feelings and how to respond to them. Exploring the conventions of manners in different situations	Understanding what trust is and identifying who I can trust. Learning about the effects of non-verbal communication Developing listening skills	Understanding expected curtesy and manners in a range of scenarios Understanding how actions and behaviour affects others. Understanding stereotyping.	Learning how stereotyping can be unfair, negative and destructive	Learning what respect is and that it is part of a relationship. Understanding that everyone deserves to be respected but that respect can be lost. Understanding stereotyping and bullying linked to it.

		Recognise that people have different beliefs and celebrate special times in different ways Develop appropriate ways of being assertive.	Negotiate space and obstacles safely, with consideration for themselves and others.	Understanding ways to help others.	Developing an understanding of self-respect	Exploring stereotyping			
Change and Loss					Exploring how loss and change can affect us		Learning what bereavement is and how to help someone who has experiences it.		Understanding grief and the associated emotions. To explore the process and emotions relating to grief.

Health and Wellbeing

	30-50 Months	40 –60 Months	ELG	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and prevention	Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. Start to eat independently and learning how to use a knife and fork. Make healthy choices about food, drink, activity and toothbrushing.	Manage their own needs Know and talk about the different factors that support their overall health; healthy eating – toothbrushing Further develop the skills they need to manage the school day successfully: mealtimes - personal hygiene	Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.	Understanding the importance of hand hygiene. Understanding the risks of sun exposure and how to stay safe in the sun. Developing an understanding of allergies and what to do if someone has an allergic reaction.	Developing an understanding of how to look after my teeth		Developing independence in looking after my teeth	Understanding the risks of exposure to the sun and developing independence for protecting myself from the sun.	Understanding ways of preventing illness and the benefits of immunisations. Developing an understanding of possible signs of illness and take some actions I can take.

Physical health and wellbeing	Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.	Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - sensible amounts of 'screen time' - having a good sleep routine -		Exploring health related jobs and people how help to keep us healthy. Understanding the importance of sleep and positive sleep habits Exploring two different methods of relaxation; progressive muscle relaxation and laughter	Understanding the importance of exercise and its effect on the body. Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. Understanding the positive impact of relaxation on the body and learning relaxation stretches Understanding what a balanced diet is and the effects upon mental and physical health	Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation. Understanding the sills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles.	Understanding the benefits of sleep and developing greater responsibility for ensuring a good quality sleep. Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation.	Understanding that I have responsibility to look after my overall health, including my diet, oral hygiene, physical activity and relaxation. Understanding the factors which contribute to my physical and mental health. Identify a range of relaxation strategies and situations in which they would be useful.
Mental Wellbeing	Begin to understand how others might be feeling. Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.	Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. See themselves as a valuable individual. Think about the perspective of others	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	Understanding my strengths and qualities Understanding and describing feelings and emotions	Recognising an increasing range of feelings and some strategies for managing different emotions. Developing empathy Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing growth mindset.	Exploring my identity through groups I belong to Identifying my strengths and exploring how I use them to help others. Understanding how to overcome problems by breaking them into smaller achievable steps.	Understanding that it is normal to experience a range of emotions. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions and that I can control some things but not others. Developing an understanding of mental health including experiencing problems. Developing a growth mindset, acknowledging that mistakes are useful to learning.	Understanding what can cause stress and how to deal with it. Exploring ways to achieve a goal, setting short-term, medium term and long-term targets. Developing the ability to take responsibility for and manage my feelings. Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success.	Exploring my personal qualities and how to build on them. Learning the importance of resilience and developing strategies for being resilient in challenging situations. Identifying long-term goals and developing a plan as to how to achieve them.

Safety and the Changing Body

	30-50 Months	40 –60 Months	ELG	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Safe (including on line)	Increasingly follow rules, understanding why they are important Do not always need an adult to remind them of a rule	Know and talk a being a safe pedestrian	Explain the reasons for rules, know right from wrong and try to behave accordingly.	Understanding how to respond appropriately to adults in a range of settings. Understanding what to do if I get lost. Exploring potential hazards in the home and how to avoid them. Understanding the roles of people have within the local community to help keep me safe. Developing an understanding of appropriate physical contact.	Developing an understanding of being safe near roads and learning how to cross roads safely. Understanding the safe use of medicines Beginning to understand the importance of staying safe online. Understanding the difference between secrets and surprises. Understanding the concept of privacy and naming the private parts of my body.	Understanding ways to keep safe when crossing and near roads. Developing skills as a responsible digital citizen Recognising and responding to cyberbullying Beginning to recognise unsafe digital content.	Developing an understanding of being safe online. Understanding how to seek help if I need to Exploring the difference between private and public. Understanding that age restrictions are designed to protect me. Learning about benefits and risks of sharing information online.	Developing an understanding of how to ensure relationships online are safe. Recognising an increasing number of online risks and ways to stay safe online	Developing an understanding about the reliability of online information Exploring online relationships including dealing with problems Understanding that online relationships should be treated in the same way as face to face relationships. Knowing where to het help with any online problems.
Drugs Alcohol and Tobacco				Exploring what is and isn't safe to put in or on my body	Learning how to be safe around medicines	Exploring that people and things can influence me and I need to make the right decision for me Exploring choices and decisions that I can make	Understanding the risks associated with tobacco	Understanding the influence others can have on me. Learning strategies, I can use to overcome pressure from others	Understanding the risks associated with alcohol.
The changing Adolescent Body					Knowing the names of parts of my body		Developing an understanding of physical and emotional changes as I grow up	Understanding the physical changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including the menstruation Learning about changes during puberty	Knowing the changes experienced during puberty. Understanding how a baby is conceived and develops

Basic First Aid				Understanding what classes as an emergency and how to make a call to the emergency services		Knowing how to call the emergency services.	Knowing how to help someone with asthma	Knowing how to help someone who is bleeding	Knowing how to help someone who is choking.

						Knowing how to respond to bites and stings			Knowing how to help someone who is unresponsive.