



Relationships & Sex Education Pupil Progression

Families and friendships	02
Health and wellbeing	03
Safety and the changing body	04

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Families and friendships</p> <p>Health and wellbeing</p> <p>Safety and the changing body</p>	Family	<ul style="list-style-type: none"> Understanding that families can include a range of people and how different members of a family are related to each other 	<ul style="list-style-type: none"> Learning that families can be made up of different people Understanding that families offer care, love and support 	<ul style="list-style-type: none"> Learning that problems can occur in families and that there is help available if needed 	<ul style="list-style-type: none"> Understanding that families are varied, in the UK and across the world and having respect for these differences 	<ul style="list-style-type: none"> Understanding that we all have different positive attributes and 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	<ul style="list-style-type: none"> To begin to understand the characteristics of positive friendships Learning that friendships can have problems but that these can be overcome Exploring friendly behaviours 	<ul style="list-style-type: none"> Understanding difficulties in friendships and action that can be taken 	<ul style="list-style-type: none"> Exploring ways to resolve friendship problems Developing an understanding of the impact of bullying and what to do if bullying occurs 	<ul style="list-style-type: none"> Exploring physical and emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and bystander 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise
	Respectful relationships	<ul style="list-style-type: none"> Learning to recognise how other people show their feelings and how to care for others Exploring the ability to successfully work with different people Understanding ways to help others 	<ul style="list-style-type: none"> Learning how other people show their feelings and how to respond to them Exploring the conventions of manners in different situations Developing an understanding of self respect 	<ul style="list-style-type: none"> Understanding what trust is and identifying who I can trust Learning about the effects of non verbal communication Developing listening skills Exploring stereotyping 	<ul style="list-style-type: none"> Understanding expected courtesy and manners in a range of scenarios Understanding how my actions and behaviour affects others Understanding stereotyping 	<ul style="list-style-type: none"> Learning how stereotypes can be unfair, negative and destructive 	<ul style="list-style-type: none"> 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
	Change and loss		<ul style="list-style-type: none"> Exploring how loss and change can affect us 		<ul style="list-style-type: none"> Learning what bereavement is and how to help someone who has experienced bereavement 		<ul style="list-style-type: none"> Understanding grief and the associated emotions To explore the process and emotions relating to grief

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
Families and friendships	Health and prevention	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Developing an understanding of how to look after my teeth 		<ul style="list-style-type: none"> • Developing independence in looking after my teeth 	<ul style="list-style-type: none"> • Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun 	<ul style="list-style-type: none"> • Understanding ways of preventing illness and the benefits of immunisation • Developing an understanding of possible signs of illness and some actions I can take 	
Health and wellbeing		Physical health and wellbeing	<ul style="list-style-type: none"> • Exploring health related jobs and people who 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation • Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles 	<ul style="list-style-type: none"> • Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep • Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation 	<ul style="list-style-type: none"> • Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation • Understanding the factors which contribute to my physical and mental health • Identifying a range of relaxation strategies and situations in which they would be useful
Safety and the changing body		Mental wellbeing	<ul style="list-style-type: none"> • Understanding my strengths and qualities • Understanding and describing feelings and emotions 	<ul style="list-style-type: none"> • 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 a growth mindset 	<ul style="list-style-type: none"> • Exploring my identity through the groups I belong to • Identifying my strengths and exploring how I use them to help others • Understanding how to overcome problems by breaking them onto smaller, achievable steps 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and friendships	<p>Being safe (including online)</p> <ul style="list-style-type: none"> • 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 these • Understanding the roles people have within the local community to help keep me safe • Developing an understanding of appropriate physical contact 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 the benefits and risks of sharing information online 	<ul style="list-style-type: none"> • Developing an understanding of how to ensure relationships online are safe • Recognising an increasing number of online risks and ways to stay safe online 	<ul style="list-style-type: none"> • 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 get help with any online problems
Health and wellbeing						
Safety and the changing body						
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • Exploring what is and isn't safe to put in or on my body 	<ul style="list-style-type: none"> • Learning how to be safe around medicines 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Understanding the risks associated with tobacco 	<ul style="list-style-type: none"> • Understanding the influence others can have on me • Learning strategies I can use to overcome pressure from others 	<ul style="list-style-type: none"> • Understanding the risks associated with alcohol
The changing adolescent body		<ul style="list-style-type: none"> • Knowing the names of parts of my body 		<ul style="list-style-type: none"> • Developing an understanding of physical and emotional changes as I grow up 	<ul style="list-style-type: none"> • Understanding the physical changes from childhood to adulthood • Developing an understanding of the main aspects of puberty, including menstruation • Learning about the emotional changes during puberty 	<ul style="list-style-type: none"> • Knowing the changes experienced during puberty • Understanding how a baby is conceived and develops
Basic first aid	<ul style="list-style-type: none"> • Understanding what classes as an emergency and how to make a call to the emergency services 		<ul style="list-style-type: none"> • Knowing how to call the emergency services • Knowing how to respond to bites and stings 	<ul style="list-style-type: none"> • Knowing how to help someone with asthma 	<ul style="list-style-type: none"> • Knowing how to help someone who is bleeding 	<ul style="list-style-type: none"> • Knowing how to help someone who is choking • Knowing how to help someone who is unresponsive