



PSHE including RSE Curriculum Progression

Our vision is to empower our children to become responsible, courageous and compassionate citizens who are equipped with the knowledge, skills and attitudes necessary to succeed in a changing world.

Our Vision is rooted in Jesus's Parable of the Good Samaritan (Luke 10:25-37), which teaches us the importance of having **compassion** for others, whatever their background; the **courage** to act when others choose not to; and to take **responsibility** for our actions and their consequences.

At Upton Heath C of E Primary School, we strive to enrich lives by providing a supportive and nurturing learning environment where every child is encouraged to reach their full potential and to "be the change they wish to see in the world."

Year group	Relationship and Sex Education (RSE)
EYFS	Family and Friendship To recognise the importance of friendship To recognise the importance of saying sorry and forgiveness To recognise that all families are different.
Year 1	Growing and caring for ourselves To understand that we are all different but can still be friends To discuss how children grow and change To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe To identify our special people and explain what makes them special to us and why they are important in our lives Describe the different ways our special people care for us Recognise how we can care for them in return Recognise the main stages of the human life cycle (baby, child, adult) Recognise that the process of growing takes time and describe the changes from young to old Identify ways we are more independent now than when we were younger Describe our feelings about growing and changing
Year 2	Differences To introduce the concept of gender stereotypes To identify the differences between males and females To explore some of the differences between males and females and to understand how this is part of the lifecycle To focus on sexual difference and name body parts To learn about the similarities and differences between people
Year 3	Valuing difference and keeping safe

	To identify that people are unique and to respect those differences To explore the differences between male and female bodies To consider appropriate and inappropriate physical contact and consent To explore different types of families and who to go to for help and support To recognise the different types of friendships that are important to us (family, friends, groups we belong to, neighbours) Explain why friendship and having friends is valuable Identify how friends show they care for and value each other Describe what is most important in a friendship To identify what helps maintain friendships To describe feelings when disagreements and conflict occur To identify what can help and not help if there are friendship problems To demonstrate strategies for solving arguments with peers
Year 4	Growing up To explore the human lifecycle To identify some basic facts about puberty To identify some of the physical changes experienced during puberty To explore how puberty is linked to reproduction To explore respect in a range of relationships To discuss the characteristics of healthy relationships
Year 5	Puberty To explore the emotional and physical changes occurring in puberty To understand male and female puberty changes in more detail To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty
Year 6	Puberty, Relationships and Reproduction To consider puberty and reproduction To explore the importance of communication and respect in relationships To consider different ways people might start a family To consider adult relationships and the human life cycle To understand human reproduction (how a baby is made and how it grows) To explore positive and negative ways of communicating in a relationship To manage change- new roles and responsibilities as we grow up

Year group	Relationships		
	Families and friendships	Safe relationships	Respecting ourselves and others
EYFS	To recognise the importance of friendships; and that all families are different.	Know who a trusted adult is to them	To recognise the importance of being kind in person and online
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination, challenging stereotypes
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues
Year group	Health and Wellbeing		
	Physical health and Mental wellbeing	Growing and changing	Keeping safe
EYFS	Healthy food and unhealthy food Beginning to identify their own learning challenges	To understand some important processes and changes in the natural world around them including how humans grow and change.	Being safe online; when crossing the road; in a supermarket
Year 1	Keeping healthy; food and exercise, keeping teeth healthy hygiene routines; sun safety Recognise and describe different feelings in themselves and others How it feels to fail; how to learn	Recognising what makes them unique and special; feelings; managing when things go wrong	Being safe online How rules and age restrictions help us; keeping safe online Beginning to understand about things that go in or onto our bodies
Year 2	Impact of exercise to keep people healthy; managing feelings and asking for help Why sleep is important Recognising the importance of the effort they make	Growing older; naming body parts; moving class or year	Being safe online Safety in different environments; risk and safety at home (medicines and household products); emergencies

Year 3	Health choices and habits; what affects feelings; ways of expressing feelings and emotions To recognise that positive things can come from mistakes	Personal strengths and achievements; managing and reframing setbacks	Being safe online Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Maintaining a balanced lifestyle; plan and prepare a healthy meal, oral hygiene and dental care routines Healthy sleep habits Managing feelings and emotions in different situations and how to get help, advice and support Deepen an understanding of how their brain works and the impact of positivity	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Being safe online Medicines and household products; drugs common to everyday life; impact of caffeine, cigarettes, e-cigarettes and vaping and alcohol on people's health
Year 5	Sun safety; medicines, vaccinations; immunisations and allergies What mental health means and how we can take care of it; how resilience can support well being Know and show empathy To further explore the physiology of the brain; the characteristics and impact of mindsets; the idea of being successful.	Personal identity; recognising individuality and different qualities; mental wellbeing	Being safe online Correct use of medicines, vaccinations and immunisations. Keeping safe in different situations, including responding in emergencies, first aid and FGM (which is against British law)
Year 6	Strategies to maintain a balanced lifestyle What affects mental health and ways to take care of it, managing change, loss and bereavement; managing time online Using appropriately positive language to encourage others to learn Recognise the importance of long-term and short-term aspirations	Human reproduction and birth; increasing independence; managing transition	Being safe online Keeping personal information safe; regulations and choices; drug use and the law; drug use and the mixed messages that exist in the media and how these can influence opinions and decisions

Year group	Living in the wider world		
	Belonging to a community	Media literacy and digital resilience	Money and work
EYFS	To understand they are part of a school community Looking after their environment	To understand how people communicate on the internet Being kind online	People who help us To understand the roles of different jobs and how they help us.
Year 1	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community
Year 2	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money
Year 3	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals
Year 4	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe
Year 5	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
Year 6	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks