

RSHE Progression of Skills – Cycle A

Key Stage	Autumn 1 - Being Me Module	Autumn 2 – Money Matters Module	Spring 1 – Being Responsible Module	Spring 2 – Being Safe Module	Summer 1 – Being Healthy Module	Summer 2 – Drug Education Module
Key Stage 1	<ul style="list-style-type: none"> <li>• Recognise and share facts about themselves.</li> <li>• Identify their likes and dislikes and what they are good at.</li> <li>• Talk about some ways that they are special.</li> <li>• Recognise how friends can have both similarities and differences.</li> <li>• Show some simple ways to respect and celebrate other’s differences.</li> <li>• Name some groups that they belong to.</li> <li>• Talk about how being part of a group makes them feel.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what money is and its different forms.</li> <li>• Describe some ways money can be looked after.</li> <li>• Recognise that people make different choices about how to spend/save money.</li> <li>• Talk about some things we all need and some things we want but don’t need.</li> <li>• Know that everyone has different strengths and talents, in and out of school.</li> <li>• Name some different jobs that people do.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what a rule is and that we follow rules to help each other.</li> <li>• Understands that rules need be fair.</li> <li>• Give examples of rules from different situations. Identify simple responsibilities they have.</li> <li>• Describe some simple ways to manage waste.</li> <li>• Recognise that people have different needs.</li> <li>• Describe some ways to care for people, animals and other living things.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore basic rules for keeping safe online.</li> <li>• Talk about examples of rules and age restrictions that are there to keep them safe.</li> <li>• Identifying possible risks/hazards in the home and outside.</li> <li>• Explore how to keep safe and reduce risks at home and in their local environment.</li> <li>• Recognises what to do if there is an accident and someone gets hurt. Know to keep themselves safe first.</li> <li>• Demonstrate how to ask for help including calling 999.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore what ‘being healthy’ means and why it is important.</li> <li>• Understand that food is necessary to keep our bodies healthy.</li> <li>• Identify that food choices can vary for families/cultures.</li> <li>• Name/describe different physical activities and identify ones they enjoy.</li> <li>• Explain how physical activity can help us to stay healthy.</li> <li>• Understand that sleep and relaxation are important for growing and keeping healthy.</li> <li>• Talk about healthy ways to feel good, calm down or change their mood.</li> <li>• Demonstrate how to brush teeth.</li> <li>• Explain what good dental care is understanding the foods/drinks that support it.</li> <li>• Demonstrate simple hygiene routines that stop germs from spreading.</li> <li>• Begin to recognise different ways of staying healthy in the sun.</li> <li>• Understand what it means to take a break and how this is important for our health.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore the role of medicines (use when we are ill/ prevent illness/ manage a condition.)</li> <li>• Understand that household products, including medicines, can be harmful if not used properly.</li> <li>• Explore that medicines come in different forms and are used in different ways.</li> <li>• Understand that things that people put into their body or on their skin can affect how they feel.</li> <li>• Talk about some simple rules for staying safe around medicines and other household substances/products.</li> <li>• Identify people that they can go to if they are ill, worried or to help them/others to stay healthy.</li> </ul>
Lower Key Stage 2	<ul style="list-style-type: none"> <li>• Name some groups that they belong to.</li> <li>• Talk about how being part of a group makes them feel.</li> <li>• Identify visible/invisible differences between people.</li> <li>• Explain why it is important to respect and celebrate the differences and similarities between people.</li> <li>• Identify the different groups that make up their community.</li> <li>• Recognise that they belong to different communities as well as the school community.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain some different ways to pay for things.</li> <li>• Explain some different ways to keep track of money.</li> <li>• Identify that people have different attitudes towards saving/spending.</li> <li>• Recognise that people make spending decisions based on needs, wants and priorities.</li> <li>• Identifying the ways that money can impact on people’s feelings.</li> <li>• Recognise that people’s spending decisions can affect others and the environment.</li> <li>• Recognise positive things about themselves and their achievements.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain why rules and laws are important. Explore the consequences of not having rules and laws or of breaking them.</li> <li>• Describe some basic human rights.</li> <li>• Understand that rights come with responsibilities.</li> <li>• Describe what climate change is and some ways we can all help to reduce the effects.</li> <li>• Explore what is meant by a community and the differences between needs and wants within a community.</li> <li>• Explore and identify the welfare needs of animals and humans.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain basic strategies to help keep themselves safe online.</li> <li>• Identifying situations where age restrictions apply.</li> <li>• Identify and assess risk online/offline. (Including in the home and when playing out).</li> <li>• Discuss ways to reduce risks at home and in the local environment in order to stay safe.</li> <li>• Explain what first aid is and demonstrate basic techniques for dealing with common injuries such as asthma attacks and bites/stings.</li> <li>• Identify why first aid is important and demonstrate how to ask for help including calling 999 in an emergency.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain what a healthy lifestyle is and why it is important.</li> <li>• Understand what a healthy, balanced diet may include.</li> <li>• Understand what an informed choice is.</li> <li>• Identify opportunities for physical activity within their everyday lives.</li> <li>• Describe some consequences of being physically inactive, on the mind and body.</li> <li>• Identify routines that support good quality sleep.</li> <li>• Explore strategies and behaviours that support mental health.</li> <li>• Explain what good dental health means, including how to brush and floss.</li> <li>• Identify the effects of different foods/ drinks on the teeth.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the different purposes that medicines have.</li> <li>• Explain the importance of taking medicines correctly and using household products safely.</li> <li>• Describe risk in relation to the use of medicines/household products, and suggest what action to take to help prevent or minimise harm.</li> <li>• Explore the possible risks and consequences of using/misusing legal drugs/ household products in everyday situations.</li> <li>• Identify a circle of support and how to ask for help.</li> <li>• Demonstrate what to do in an emergency situation.</li> </ul>

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	<ul style="list-style-type: none"> <li>Describe what is positive about their community and how it supports them.</li> </ul>	<ul style="list-style-type: none"> <li>Identify some of the skills that may help them in their future careers.</li> </ul>			<ul style="list-style-type: none"> <li>Identify the everyday hygiene routines that can limit the spread of infection.</li> <li>Identify the benefits/risks of sun exposure.</li> <li>Describe how the five ways to wellbeing can be used as a tool to help keep a healthy balance</li> </ul>	
Upper Key Stage 2	<ul style="list-style-type: none"> <li>Identify a range of factors that what contributes to our identity.</li> <li>Express their talents and strengths with confidence. Set goals for how they would like to develop them.</li> <li>Explain ways in which they respect and value other people's differences. Respect the differences and similarities between people.</li> <li>Reflect on how discrimination and our own behaviour can affect others.</li> <li>Explain some of the benefits of communities.</li> <li>Reflect on diversity and what it means. Understand the benefits of living in a diverse community and how we value diversity within our communities.</li> <li>Explore how shared events and experiences can create a stronger community.</li> </ul>	<ul style="list-style-type: none"> <li>Understand what a bank account is and how this is linked to payment.</li> <li>Understand the risks associated with money and ways of keeping money safe</li> <li>Identify the risks involved in gambling activities.</li> <li>Explain some ways to get help if they are concerned about gambling or other financial risks.</li> <li>Reflect on the role that money plays in people's lives, attitudes towards it and what influences decisions about spending and saving.</li> <li>Identify the impact that having or not having money can have on a person's wellbeing.</li> <li>Explain some ways that money is/can be distributed to benefit the community.</li> <li>Identify how skills can help them with their future career.</li> <li>Identify jobs that they might like to do in the future.</li> <li>Discuss their views on how or why someone may or may not choose a certain career.</li> <li>Recognise a variety of routes into careers.</li> <li>Explore some strategies to challenge stereotypes and to understand the impact this can have on aspirations.</li> </ul>	<ul style="list-style-type: none"> <li>Explore how law protects our rights and how to respond respectfully if something is not within the law.</li> <li>Recognise that human rights are there to protect everyone.</li> <li>Understand the relationship between rights and responsibilities, providing examples.</li> <li>Explain the importance of protecting the environment and set personal everyday actions.</li> <li>Recognise how we can support others within a community.</li> <li>Identify diversity within a community and explore how we can celebrate this.</li> <li>Recognise the importance of having compassion towards others and explain how to show care and concern.</li> </ul>	<ul style="list-style-type: none"> <li>Identify strategies for keeping safe online including how to report the misuse of personal information or sharing of upsetting content/images, the importance of personal responsibility, balancing time online/offline.</li> <li>Explain reasons for age restrictions/ regulations.</li> <li>Predict, assess and manage risks online and offline. (Including road and water safety).</li> <li>Explore how the pressure/excitement in the moment can affect how we manage risk.</li> <li>Identify hazards that may cause injury. Demonstrate basic first aid techniques for dealing with common injuries such as bleeding and choking.</li> <li>Explain how to respond in an emergency, including when and how to contact different emergency services.</li> </ul>	<ul style="list-style-type: none"> <li>Identify things that can affects someone's physical/mental health.</li> <li>Explain what constitutes a healthy diet and the risks associated with not having one.</li> <li>Reflect on what may influence our choices to have a balanced lifestyle.</li> <li>Identify what good physical health means and how to seek help if they are worried about their health.</li> <li>Recognise habits that can have both positive/ negative effects on a healthy lifestyle.</li> <li>Understand routines/strategies that support good quality sleep; the effects of lack of sleep.</li> <li>Identify strategies and behaviours that support mental health.</li> <li>Identify the everyday routines that improve dental health.</li> <li>Identify the everyday routines/habits that can limit the spread of infection.</li> <li>Understand the wider importance of personal hygiene and how to maintain it.</li> <li>Explain how to keep safe from sun damage and reduce the risk of skin cancer.</li> <li>Identify the benefits of the internet and strategies for managing/balancing time online/offline.</li> </ul>	<ul style="list-style-type: none"> <li>Describe risk in relation to the use of medicines/household products, and suggest what action to take to help prevent or minimise harm.</li> <li>Explore the possible risks and consequences of using/misusing legal drugs/ household products in everyday situations.</li> <li>Identify a circle of support and how to ask for help.</li> <li>Demonstrate what to do in an emergency situation.</li> <li>Describe some ways in which alcohol, tobacco and other substances can affect the body/decision making.</li> <li>Explain why some substances are harmful for growing bodies.</li> <li>Analyse mixed messages in the media relating and recognise how they might influence opinions/behaviour.</li> <li>Identify a range of strategies to better manage situations involving peer influence/approval.</li> <li>Research reliable sources of information/ support for children/adults affected by their own or someone else's drug use.</li> </ul>