

RSHE – Progression map

Domain knowledge/ End point	Key concept	Rec	Yr1	Yr2	Yr3	Yr4	Yr5	Yr6	#CARE/ Hopton Powers
Health & Well Being To know how to keep ourselves healthy both physically and mentally and the importance of this. To understand physical similarities and differences between their own bodies and others	<i>Healthy Lifestyle</i>	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene	Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond	Pupils know the difference between secrets and surprises including the importance of not keeping a secret that makes them feel uncomfortable worried or afraid.	Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.	Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.	Pupils can anticipate how their emotions may change as they approach and move through puberty	Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.	Persevere Own your own learning #compassion
	<i>Growing and changing</i>	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Pupils can recognise how they grow and will change as they become older.	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty	Pupils can anticipate how their body may change as they approach and move through puberty	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.	

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<p>Relationships</p> <p>To understand that everyone is different and to be respectful to others choices.</p>	<p><i>Healthy Relationships</i></p>	<p>Pupils can identify the special people in their lives, what makes them special and how special people care for one another</p>	<p>Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.</p>	<p>Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.</p>	<p>Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.</p>	<p>Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable and ways to respond.</p>	<p>Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.</p>	<p>Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.</p>	<p>Notice and be Curious</p> <p>Open to others ideas</p> <p>#Respect</p> <p>#Equality/Equity</p>
	<p><i>Valuing Differences</i></p>	<p>Pupils understand that there are similarities and differences between everyone and can celebrate this.</p>	<p>Pupils can identify and respect the differences and similarities between people.</p>	<p>Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them</p>	<p>Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.</p>	<p>Pupils recognise differences and similarities between people arise from a number of factors Inc. family and personal identity</p>	<p>Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.</p>	<p>Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM).</p>	

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<p>Living in the Wider World</p> <p>To have an understanding of the world around them and know their part within it</p>	<p><i>Rights and Responsibilities</i></p>	<p>Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.</p>	<p>Pupils know what rules are, why they are needed, and why different rules are needed for different situations</p>	<p>Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond.</p>	<p>Pupils understand the right to protect their body from unwanted touch.</p>	<p>Pupil will know the relationship between rights and responsibilities</p>	<p>Pupil know how to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with</p>	<p>Pupils have an awareness that infections can be shared during sexual intercourse, and that a condom can help prevent this.</p>	<p>Have a go</p> <p>Think creatively</p> <p>#Aspiration</p>
	<p><i>Aspirations for the future</i></p>	<p>Pupils can recognise what they like, dislike and feel empowered to make real, informed choices.</p>	<p>Pupil understand the difference between needs and wants; that sometimes people may not always be able to have the things they want</p>	<p>Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals.</p>	<p>Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.</p>	<p>Pupil can identify the kind of job that they might like to do when they are older</p>	<p>Pupils are aware of the skills that will help them in their future careers e.g. teamwork, communication and negotiation and academic</p>	<p>Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support to reach their goals</p>	