**Skill Progression: RSE**

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|  | **Year 1** | **Year 2** | **Year 3** |
| **RSE** | * To understand what a friendship is.
* To understand what family is and means.
* To know the people who can support them.
* To know they should treat others kindly, take turns, be honest and establish boundaries.
* To know that each person’s body belongs to them.
 | * To know what a healthy relationship is and to name some they have.
* To consistently treat others kindly, take turns, be honest and establish boundaries and explain why this is important with examples.
* To consistently show respect and know why it is important to show respect including examples.
* To name ways to keep your body safe and to begin to know the right ways to recognise and report any feelings of unsafe.
 | * To understand that some people behave different online and that we must respect people online the same as we would face to face.
* To know the characteristics of a healthy family and can discuss this with examples. Also to know that not all families are the same, but they should respect those differences.
* To know about sexual reproduction for animals (covered in science).
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| **Year 4** | **Year 5** | **Year 6** |
| To know the key facts about puberty and our changing bodies. To know the key vocab for puberty and explain what they mean. To identify the characteristics of a good and healthy relationship and know how to respond safely and appropriately to people they may encounter and how to report any concerns they may have.To understand the vocabulary and confidence needed to seek advice or report concerns. | I can describe the changes as humans develop to old age.To know what happened specifically to boys and girls during puberty.To begin to understand what hormones and sexual feelings are. | I can describe of the effects of diet, exercise, drugs and lifestyle on the way my body functions in the long and short term. To know what a healthy relationship looks like with boyfriends and girlfriends.To begin to understand what domestic violence is.To be able to name all the sexual reproductive body parts and sexual hormones.To learn about the human reproduction process. |