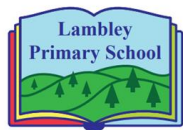
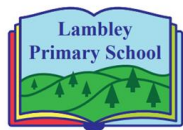


## Skills and knowledge progression: RSE/PSHE

	Understanding Me	Understanding Others	Understanding Groups	Looking After Me
Willow (EYFS)	<ul style="list-style-type: none"> <li>To talk about family routines and special occasions.</li> <li>To be outgoing towards unfamiliar people and more confident in new social situations.</li> <li>To describe myself in positive terms and talk about my abilities.</li> <li>To see themselves as a valuable individual.</li> <li>To show resilience and perseverance in the face of challenge.</li> <li>I can start to negotiate and solve problems without aggression, e.g. when someone has taken my toy.</li> </ul>	<ul style="list-style-type: none"> <li>To have a conversation and I can respond to other children's opinions.</li> <li>To demonstrate friendly behaviour, initiating conversations and form good relationships with friends and familiar adults</li> <li>To think about the perspectives of others.</li> <li>To accept the needs of others and I can take turns and share resources, sometimes with support from others.</li> </ul>	<ul style="list-style-type: none"> <li>To show interest in the lives of other people or events.</li> <li>To speak confidently in front of a small group.</li> <li>To take steps to resolve conflicts with other children, e.g. finding a compromise.</li> <li>To be aware of the boundaries set and of behavioural expectations in the class.</li> </ul>	<ul style="list-style-type: none"> <li>To show confidence in asking adults for help</li> </ul>
Elm (Y1)	<ul style="list-style-type: none"> <li>To know who is in my family</li> <li>To know who are my important people</li> <li>To know that family means different things to different people.</li> <li>To be able to explain what makes me happy.</li> <li>To know that we are not always happy.</li> <li>To know signs that someone is happy.</li> <li>To know what sad is and how it feels.</li> <li>To understand what worry is.</li> <li>To know how it feels</li> <li>To understand what a baby needs.</li> <li>To understand the term thrive.</li> <li>To know what growing up means</li> <li>To explain how I have changed since I was a baby</li> <li>To know how to deal with struggles.</li> <li>To understand why we try our best</li> </ul>	<ul style="list-style-type: none"> <li>To understand what makes a person who they are</li> <li>To understand people have similarities and differences.</li> <li>To understand what kindness is</li> <li>To know how to be kind.</li> <li>To understand how kindness makes others feel.</li> <li>To understand that teasing is not okay.</li> <li>To know what teasing is.</li> <li>To know how teasing makes them and others feel</li> </ul>	<ul style="list-style-type: none"> <li>To know what the word rules means.</li> <li>To know why we have rules</li> <li>To understand that rules keep us safe</li> </ul>	<ul style="list-style-type: none"> <li>To understand what to say and do if you do not like something</li> <li>To know what to do when someone else says no</li> <li>To know how to keep myself safe</li> <li>To understand the term dangerous</li> <li>To know what an emergency is</li> <li>To know what to do in an emergency</li> <li>To know why we wash our hands</li> <li>To know what germs can do to us</li> <li>To know why teeth are important</li> <li>To know how to look after your teeth</li> <li>To know what to do with money</li> </ul>
Birch (Y2)	<ul style="list-style-type: none"> <li>To know what angry is and how it feels.</li> <li>To know the important parts of my body</li> <li>To understand why we set aims for ourselves</li> </ul>	<ul style="list-style-type: none"> <li>To know that how I make other people feel is important</li> </ul>	<ul style="list-style-type: none"> <li>To know the difference between right and wrong</li> <li>To know what the word choice means</li> <li>To know what compromise is</li> </ul>	<ul style="list-style-type: none"> <li>To know why exercise is important</li> <li>To know what it means to stay healthy</li> <li>To know what it means to stay healthy</li> <li>To understand we need to eat some foods in moderation</li> <li>To know why we take medicines</li> </ul>



			<ul style="list-style-type: none"> <li>• To know why compromising is important</li> <li>• To know how we compromise</li> <li>• To know what rights and responsibilities are</li> <li>• To know we have rights and responsibilities.</li> <li>• To understand what 'to contribute' means</li> <li>• To explain how we can contribute (in different ways)</li> <li>• To understand that we must help protect the planet.</li> <li>• To understand the word conservation</li> </ul>	<ul style="list-style-type: none"> <li>• To know when we take medicines</li> <li>• To know why we take medicines</li> <li>• To know when we take medicines</li> <li>• To know what germs are</li> <li>• To know where we get money from</li> <li>• To understand that sometimes we have to earn money,</li> <li>• To know how to feel safe</li> <li>• To know how to keep my body safe</li> <li>• To understand the word trust</li> <li>• To know how to keep yourself safe</li> <li>• To understand the word worry.</li> <li>• To understand the word trust</li> <li>• To know how to stay safe online.</li> </ul>
Maple (Y3)	<ul style="list-style-type: none"> <li>• To explain what rights and responsibilities mean.</li> <li>• To know what to do if our rights are not being met</li> <li>• To know why we look after our friends</li> <li>• To be able to explain the word friendship.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to explain restorative justice</li> <li>• To know why we tell the truth</li> <li>• To explain the term tenacious</li> <li>• To know how to look after others when they are sad</li> <li>• To know that my actions affect others</li> <li>• To know how to look after others when they are sad</li> <li>• To know that my actions affect others</li> </ul>	<ul style="list-style-type: none"> <li>• To understand what happens if we break rules</li> <li>• To know why saying sorry is important</li> <li>• To know what a community is.</li> <li>• To understand that there are different types of communities</li> <li>• To understand why it's important to treat everyone the same (even though we may have differences)</li> <li>• To understand that the UK is multi-cultural</li> <li>• To explain the words multi-cultural</li> </ul>	<ul style="list-style-type: none"> <li>• To know different ways to be healthy</li> <li>• To know what a healthy mind is.</li> <li>• To know what mindful means</li> <li>• To be able to explain what a balanced lifestyle is</li> <li>• To know what risky means</li> <li>• To be able to explain health and safety</li> <li>• To understand what smoking can do to your health</li> <li>• To know who can help me stay safe</li> <li>• To know what to do if you feel worried.</li> <li>• To know what honesty means.</li> <li>• To give examples of honesty</li> <li>• To know who to talk to when I have a concern</li> <li>• To understand how concerns affect our mental wellbeing</li> </ul>
Pine (Y4)	<ul style="list-style-type: none"> <li>• To know we have a range of feelings</li> <li>• To understand our own feelings</li> <li>• To understand and explain compromise (with examples)</li> <li>• To explain empathy</li> <li>• To understand that we need to take responsibility for our actions.</li> <li>• To know what aspirations are (and consider our own aspirations)</li> <li>• To know how to deal with our worries</li> <li>• To know how we can help others (e.g. volunteer)</li> </ul>	<ul style="list-style-type: none"> <li>• To understand how to develop a caring relationship with my friends (e.g. when they are cross)</li> <li>• To understand that we need to take responsibility for our actions.</li> <li>• To understand the words permission and consent</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the words initiative and enterprise</li> <li>• To begin to understand what discrimination is</li> <li>• To know what anti-social means and why people choose to be anti-social</li> <li>• To know how I can contribute to and support my community</li> <li>• To understand the terms citizen and society</li> </ul>	<ul style="list-style-type: none"> <li>• To know what emergency first aid is</li> <li>• To know what to do in an emergency</li> <li>• To know how to minimise risk</li> <li>• To know how to keep myself safe online</li> <li>• To know how to stay safe on modern technology (e.g. mobile phone)</li> <li>• To know how to stay safe on modern technology (e.g. mobile phone)</li> <li>• To know what negative thoughts are</li> <li>• To know how to deal with negative thoughts</li> </ul>



			<ul style="list-style-type: none"> <li>To know how we can help others (e.g. volunteer)</li> </ul>	
Beech (Y5)	<ul style="list-style-type: none"> <li>To know what goals are</li> <li>To know what we must do to achieve our goals</li> <li>To understand how to make a choice</li> <li>To understand how to make a decision</li> <li>To know how to challenge others' views</li> </ul>	<ul style="list-style-type: none"> <li>To understand and explain peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>To understand the term stereotype</li> <li>To understand the term prejudice</li> <li>To know how to challenge others' views</li> <li>To understand voting and democracy</li> </ul>	<ul style="list-style-type: none"> <li>To have a good understanding of mental wellbeing</li> <li>To understand ways I can look after my own mental health.</li> <li>To understand how to cope with change</li> <li>To understand what to do if you feel something isn't right</li> <li>To understand loss</li> <li>To understand how to deal with loss.</li> <li>To understand how to help others</li> <li>To understand what money can be used for</li> <li>To know how and why to save money</li> <li>To know that we can save money and help the environment at the same time</li> </ul>
Oak (Y6)	<ul style="list-style-type: none"> <li>To understand that sad things do happen</li> <li>To know how to make ourselves and others feel better when we are sad</li> <li>To understand the word personality.</li> <li>To understand and celebrate the fact that everyone has different personalities</li> <li>To know what puberty is</li> <li>To know how humans reproduce</li> </ul>	<ul style="list-style-type: none"> <li>To know how to react to peer pressure (or a 'dare')</li> <li>To understand cyberbullying</li> <li>To know how cyberbullying makes others feel</li> <li>To understand what trolling is.</li> <li>To understand how it affects others</li> </ul>	<ul style="list-style-type: none"> <li>To understand what morally wrong means</li> </ul>	<ul style="list-style-type: none"> <li>To know what budget means</li> <li>To understand how to budget and protect our money</li> <li>To understand how drugs affect the body</li> <li>To understand how drugs affect the mind</li> <li>To know what affects my mental health and wellbeing</li> <li>To know how to help our own mental health</li> <li>To understand what a habit is and how it can impact on our lives</li> <li>To know what happens when I post things online (and the potential impact)</li> <li>To understand the term dare.</li> <li>To know how to respond to a dare</li> <li>To know that we need to question (and sometimes challenge) the things we see and share online</li> <li>To know what exaggerate means</li> <li>To know that we need to question (and sometimes challenge) the things we see and share online</li> <li>To understand how arguments happen.</li> <li>To know how you can help others in an argument</li> <li>To understand how to keep a healthy body and mind</li> </ul>