

## Relationships and Health Education Progression Grid

|        | Autumn: Relationships  |   |   | Spring: Living in the wider world  |  |  | Summer: Health and Wellbeing   |   |   |
|--------|--|---|---|--|--|--|--|---|---|
|        | <b>Families and Friendships</b>  | <b>Safe Relationships</b>   | <b>Respecting ourselves and others</b>  | <b>Belonging to a Community</b>  | <b>Media Literacy and Digital Resilience</b>   | <b>Money and Work</b>  | <b>Physical Health and Mental Wellbeing</b>  | <b>Growing and Changing</b>   | <b>Keeping Safe</b>   |
| Year 1 | To understand the role of different people and families. To know who cares for me. | To recognise privacy. To know how to stay safe. To understand how to seek permission.                             | To understand how behaviour affects others. To know how to be polite and respectful.                          | To understand what rules are. To understand that different people have different needs. To understand the importance of looking after the environment.           | To know how to use the internet and digital devices. To be able to communicate online.   | To understand that everyone has different strengths. To know about jobs in the community.    | To understand the importance of keeping healthy (including food and exercise). To develop hygiene routines. To be safe in the sun.                                 | To recognise what makes us unique and special. To understand different feelings. To manage my feelings when things go wrong.  | To understand how rules and age restrictions help us. To keep safe online.  |
| Year 2 | To know the importance of making friends.  | To understand how to manage secrets. To resist pressure and know how to get help. To recognise hurtful behaviour. | To recognise similarities and differences. To know how to play and work together, including sharing opinions. | To know how it feels to belong to a group. To understand roles and responsibilities. To understand how we are the same and different to others in our community. | To know how we use the internet in everyday life. To use online content and information. | To understand what money is. To understand needs and wants. To begin to look after money.    | To understand why sleep is important. To know about medicines and keeping healthy. To know how to keep our teeth healthy. To manage our feelings and ask for help. | To understand changes as we grow older. To name body parts. To understand changes when moving year and class.   | To understand safety in different environments. To understand risks and safety at home. To know what to do in an emergency. |
| Year 3 | To understand what makes a family.   | To understand personal boundaries. To understand the impact of hurtful behaviour.                                 | To recognise respectful behaviour. To understand the importance of self-respect, courtesy and being polite.   | To understand the value of rules and laws. To understand rights, freedoms and responsibilities.  | To understand how the internet is used. To assess the reliability of information online. | To recognise different jobs and skills. To recognise job stereotypes. To set personal goals. | To understand health choices and habits. To understand what affects feelings. To learn how to express feelings.  | To understand personal strengths and achievements. To manage and reframe setbacks.  | To understand risks and safety in the local environments and unfamiliar places.   |
| Year 4 | To create positive friendships, including those online.                            | To know how to respond to hurtful behaviour. To know how to manage confidentiality. To recognise risks online.    | To recognise and respect the similarities and differences of people. To discuss differences sensitively.      | To understand what makes a community. To understand shared responsibilities.   | To understand how data is shared and used.   | To make decisions about money. To use money and keep money safe.                             | To maintain a balanced lifestyle. To understand oral hygiene and dental care.  | To understand the physical and emotional changes in puberty. To learn about external genitalia. To create personal hygiene routines. To know how to get support with puberty. | To understand medicines and household products. To know about drugs that are common to everyday life.                       |

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| Year 5 | To manage friendships and peer influence  | To understand physical contact and feeling safe.                                 | To respond respectfully to a wide range of people. To recognise prejudice and discrimination. | To help protect the environment. To show compassion towards others. | To understand how information online is targeted. To recognise different media types, their role and impact. | To identify job interests and aspirations. To understand what influences career choices. To understand workplace stereotypes. | To understand healthy sleep habits. To know how to keep safe in the sun. To understand medicines, vaccinations, immunisations and allergies.                   | To understand personal identity. To recognise individuality and different qualities. To understand mental wellbeing.  | To keep safe in different situations, including responding in emergencies, first aid (and FGM)   |
| Year 6 | To understand the attraction to others and romantic relationships. To understand the differences in Civil Partnership and marriage. | To recognise and manage pressure. To understand consent in different situations. | To express opinions and respect other points of view, including discussing topical issues.    | To value diversity. To challenge discrimination and stereotypes.    | To evaluate media sources. To understand how things shared online can be altered.                            | To understand influences and attitudes towards money. To understand money and financial risks.                                | To understand what affects mental health and ways to take care of it. To learn how to manage change, loss and bereavement. To learn how to manage time online. | To understand human reproduction and birth. To learn how to increase independence. To learn how to manage transition. | To know how to keep personal information safe. To understand regulations and choices. To understand drug use and the law and drug use and the media. |