

Learning for Life (encompassing RSE and PSHE) Pupil Progression

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Families and relationships</p> <p>By the end of reception (ELG)</p> <ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. <p>Show resilience and perseverance in the face of challenge.</p> <ul style="list-style-type: none"> • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. • Manage their own needs. <ul style="list-style-type: none"> - personal hygiene • Know and talk about the different factors that support their overall health and wellbeing; - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian 	<ul style="list-style-type: none"> • Exploring families through looking at photos and talking about who is in their families. • Understanding that there are different ways to be a family. • Making positive relationships with staff and peers: turn-taking, negotiating and exploring what friendship means. 	<ul style="list-style-type: none"> • Exploring how families can be different • Characteristics and impact of positive friendships • Learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair. 	<ul style="list-style-type: none"> • Learning: that families are composed of different people who offer each other care and support; • How other people show their feelings and how to respond. • Looking at conventions of manners and developing an understanding of self-respect. 	<ul style="list-style-type: none"> • Learning: how to resolve relationship problems; • Effective listening skills and about non-verbal communication. • Looking at the impact of bullying and what action can be taken; • Exploring trust and who to trust and that stereotyping can exist. 	<ul style="list-style-type: none"> • Learning that families are varied and differences must be respected; • Understanding: physical and emotional boundaries in friendships; • Roles of bully, victim and bystander; • How behaviour affects others; • Appropriate manners and bereavement. 	<ul style="list-style-type: none"> • Developing an understanding: of families, including marriage, • What to do if someone feels unsafe in their family; • Issues can strengthen a friendship; • Exploring the impact of bullying and what influences a bully's behaviour; • Learning to appreciate our attributes. 	<ul style="list-style-type: none"> • Learning: to resolve conflict, through negotiation and compromise; • Respect, understanding that everyone deserves to be respected and about grief.
<p>Health and wellbeing</p>	<ul style="list-style-type: none"> • developing healthy habits with handwashing, toileting and drinking water 	<ul style="list-style-type: none"> • Exploring personal qualities, strategies to manage feelings, • Impact of sleep and 	<ul style="list-style-type: none"> • Learning: about the benefits of exercise and relaxation on physical health and 	<ul style="list-style-type: none"> • Understanding that a healthy lifestyle includes physical activity, 	<ul style="list-style-type: none"> • Developing emotional maturity; • Learning that we experience a range of 	<ul style="list-style-type: none"> • Learning to take greater responsibility for sleep, sun safety, • Healthy eating 	<ul style="list-style-type: none"> • Learning about diet, oral hygiene, • Physical activity and the facts around

	<p>through the day.</p> <ul style="list-style-type: none"> Exploring emotions and how they make us look and feel and act. Regulating emotions with support, to feel calm and happy and ready to learn. Talking about people who can help us: doctors, nurses, dentists, opticians. 	<p>relaxation on wellbeing</p> <ul style="list-style-type: none"> Importance of hand washing and sun protection Dealing with allergic reactions People in the community who keep us healthy. 	<p>wellbeing;</p> <ul style="list-style-type: none"> Strategies to manage different emotions, setting goals, developing a growth mindset Understanding dental hygiene. 	<ul style="list-style-type: none"> Balanced diet, rest and relaxation; Exploring identity through groups we belong to and how our strengths can be used to help others; Learning how to solve problems by breaking them down. 	<p>emotions and are responsible for these;</p> <ul style="list-style-type: none"> Appreciating the emotions of others; Developing a growth mindset; Identifying calming activities Developing independence in dental hygiene. 	<ul style="list-style-type: none"> Managing feelings; Setting goals and embracing failure; Understanding the importance of rest and relaxation. 	<p>immunisation.</p> <ul style="list-style-type: none"> Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations Planning for long-term goals.
Safety and the changing body	<ul style="list-style-type: none"> Exploring how have we changed from babies to now and how will you change as you grow? Learning the pants rules and appropriate and safe behaviour around private parts. Fire safety and firework safety. 	<ul style="list-style-type: none"> Learning how to respond to adults in different situations; Distinguishing appropriate and inappropriate physical contact; Understanding what to do if lost and how to call the emergency services; Identifying: hazards in the home and people in the community who keep us safe. 	<ul style="list-style-type: none"> Developing understanding of safety: roads and medicines and an introduction to online safety; Distinguishing secrets from surprises; Naming body parts and looking at the concept of privacy. 	<ul style="list-style-type: none"> Learning how to: call the emergency services; Responding to bites and stings; Be a responsible digital citizen; Learning about: cyberbullying, identifying unsafe digital content; Influences and making independent choices and an awareness of road safety. 	<ul style="list-style-type: none"> Building awareness of online safety and benefits and risks of sharing information online; Difference between private and public; Age restrictions; Physical and emotional changes in puberty; Risks associated with tobacco and how to help someone with asthma. 	<ul style="list-style-type: none"> Exploring the emotional and physical changes of puberty, including menstruation; Learning about online safety, influence, strategies to overcome potential dangers How to administer first aid to someone who is bleeding. 	<ul style="list-style-type: none"> Learning about: the reliability of online information, Changes experienced during puberty, How a baby is conceived and develops, Risks associated with alcohol How to administer first aid to someone who is choking or unresponsive.
Citizenship	<ul style="list-style-type: none"> learning about our local community and the roles people have. Beginning to understand democracy through voting. Learning how to be part of the school community and following the rules and routines. 	<ul style="list-style-type: none"> Learning about: the importance of rules and consequences of not following them; Caring for the needs of babies, young children and animals; Exploring our similarities and differences and an introduction to democracy. 	<ul style="list-style-type: none"> Learning about rules outside school; Caring for the school and local environment; Exploring the roles people have within the local community; Learning how school councils work and voicing an opinion. 	<ul style="list-style-type: none"> Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling Introduction to local democracy. 	<ul style="list-style-type: none"> Learning about Human rights and caring for the environment; Exploring the role of groups within the local community and appreciating community diversity; Looking at the role of local government. 	<ul style="list-style-type: none"> An introduction to the justice system; How parliament works; Role of pressure groups; Learning about rights and responsibilities, Impact of energy on the planet Contributing to the community. 	<ul style="list-style-type: none"> Learning about: human rights, Food choices and the environment, Caring for others, Recognising discrimination, Valuing diversity National democracy.
Economic well being	<ul style="list-style-type: none"> Recognising British coins and notes. Talking about how we pay for things. 	<ul style="list-style-type: none"> Learning about what money is and where it comes from, How to keep cash safe, the function of banks and building societies spending and saving Some of the jobs roles in schools. 	<ul style="list-style-type: none"> Learning about where money comes from, how to look after money Why do we use banks and building societies? 	<ul style="list-style-type: none"> Introduction to creating a budget and learning about: Different ways of paying, the emotional impact of money, Ethics of spending Thinking about potential jobs and careers. 	<ul style="list-style-type: none"> Exploring: choices associated with spending, what makes something good value for money, Career aspirations What influences career choices. 	<ul style="list-style-type: none"> Developing understanding about income and expenditure, borrowing, risks with money Stereotypes in the workplace. 	<ul style="list-style-type: none"> Exploring: attitudes to money, How to keep money safe, Career paths and the variety of different jobs available.

Identity							<ul style="list-style-type: none">• Three lessons on the theme of personal identity, gender identity and body image.
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