



Progression of Skills in PSHEe and Relationship Education at RCFS



Below is an overview of the aims and objectives of the PSHEe and Relationship Education curriculum and where it is covered across RCFS.

Exploring Emotions		
EYFS	KS1 - Year 1	KS2 - Year 3 and Year 4
Colour Monster <ul style="list-style-type: none"> Name different emotions Talk about a character's feelings 	Exploring Emotions	Exploring Emotions
	<ul style="list-style-type: none"> Name a range of words to describe feelings Understand that all feelings are ok. Understand that feelings can affect how our bodies feel and behave Describing when different feelings might be experienced. 	<ul style="list-style-type: none"> Use a wider vocabulary to describe how they feel Describe feelings that can be comfortable / uncomfortable Recognise that feelings can differ in intensity
	Recognising Emotions	Recognising Emotions
	<ul style="list-style-type: none"> Explore how to recognise different feelings Talk about how we recognise what others might be feeling Understand that not everyone feels the same about the same things Recognising that facial expressions can indicate different feelings. 	<ul style="list-style-type: none"> Explore how everyday things can affect how we think, feel and behave Describe what supports good mental/physical health Identify that not everyone feels the same about the same things Recognising ways to deal with uncomfortable or unpleasant emotions.
	Managing Emotions	Managing Emotions
	<ul style="list-style-type: none"> Talk about ways to manage big and uncomfortable feelings Identify who they can ask for help and can demonstrate how to ask for help Explaining how to deal with grief, anger and jealousy. How to deal with healthy and unhealthy anger. 	<ul style="list-style-type: none"> Identify strategies that they could use to respond to feelings, including intense or uncomfortable feelings Understand the importance of not bottling up how you are feeling Understand the importance of asking for help if feelings become too uncomfortable Explain how they can access help and think of strategies of how to deal with different emotions.
Being Healthy		
EYFS	KS1 - Year 2	KS2 - Year 3
<ul style="list-style-type: none"> Know why it is important to visit the dentist 	Factors of a Healthy Lifestyle	Factors of a Healthy Lifestyle
	<ul style="list-style-type: none"> Explore what 'being healthy' means and why it is important Understand that food is necessary to keep our bodies healthy 	<ul style="list-style-type: none"> Explain what a healthy lifestyle is and why it is important Understand what a healthy, balanced diet may include Understand what an informed choice is



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<ul style="list-style-type: none"> Learn about germs 	<ul style="list-style-type: none"> Identify that food choices can vary for families /cultures Explain how physical activity can help us to stay healthy Design a healthy and unhealthy plate and explain why it is important to have a balanced diet. 	<ul style="list-style-type: none"> Understand that food has nutritional value and understand the importance of this. Create a balanced meal plan
Hygiene, Health and Prevention		Hygiene, Health and Prevention
<ul style="list-style-type: none"> Demonstrate how to brush teeth Explain what good dental care is- understanding the food /drinks that support it Demonstrate simple hygiene routines that stop germs from spreading Explain when it is necessary to have medicine. Explain why it is important to wash our hands. 		<ul style="list-style-type: none"> Explain how to keep safe in the sun and why this is important.
Growing Up		
EYFS	KS1 – Year 1 and Year 2	
<ul style="list-style-type: none"> Talk about what I can do now that I couldn't do before Think positively about moving up year groups 	Growing and Changing	Growing and Changing
Privacy, Boundaries & Consent		Privacy, Boundaries & Consent
<ul style="list-style-type: none"> Understand that some parts of the body are private Understand the difference between happy surprises and secrets that make them feel uncomfortable or worried Identify what appropriate and inappropriate touch is and who to speak to if something happens that makes them uncomfortable. Understand the NSPCC P.A.N.T.S rule. 		<ul style="list-style-type: none"> Explain what is meant by privacy and personal boundaries Recognise uncomfortable/comfortable behaviour online/offline Know when it is right to break or keep a confidence or share a secret. Know how to ask for help
Being Me- Dreams and aspirations		
EYFS	KS2 – Year 3	
<ul style="list-style-type: none"> Have the confidence to try new activities 	Being Unique and Special	
<ul style="list-style-type: none"> Explore what contributes to who we are Identify and talk about their own strengths and interests 		



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<ul style="list-style-type: none"> • Say why they like some activities more than others • Take account of one another's ideas about how to organise their activity • Talk about themselves in a positive way • Explain why they are special • Think of things that are special to me 	<ul style="list-style-type: none"> • Recognise what makes them unique and understand that being different is something to celebrate • Set goals for the future
Understanding Similarities and Differences	
	<ul style="list-style-type: none"> • Identify visible / invisible differences between people • Explain why it is important to respect and celebrate the differences and similarities between people
Anti-bullying: Diversity Matters	
EYFS	Whole school
<ul style="list-style-type: none"> • Know about similarities and differences between themselves and others • Know about similarities and differences among families, communities and traditions • Show sensitivity to others' needs and feelings • Form positive relationships with 	<ul style="list-style-type: none"> • Recognise ways they are the same as and different to others • Talk about some ways that they are special • Express their thoughts and opinions and recognise that others can be different • Discuss a range of the similarities/differences between people • Explore what contributes to who we are • Listen actively to others' views and explore how they similar or different to their own.
	Respecting others
	<ul style="list-style-type: none"> • Talk about some ways to treat themselves and others with kindness • Recognise the importance of self-respect and demonstrate ways to respect others • Explain the concept of being equal • Understand that we are all unique



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adults and other children		
Being Responsible		
EYFS	KS1 – Year 1	KS2 – Year 4
<ul style="list-style-type: none"> • Play cooperatively, taking turns with others • Work as part of a group or class • Understand and follow rules • Talk about why it is important to recycle • Know what happens to our rubbish when we recycle • Sort rubbish into recycling piles • 	Rules and Responsibilities	Rules and Responsibilities
	<ul style="list-style-type: none"> • Understand what a rule is and that we follow rules to help each other • Understand that rules need to be fair • Give examples of rules from different situations. Identify simple responsibilities they have • Explain the difference between stealing and borrowing • Identify causes of accidents and ways to prevent them 	<ul style="list-style-type: none"> • Rate responsible and irresponsible behaviours • Explain how to be responsible in different environments • Outline why it is important to be punctual
	Community and Care	Community and Care
	<ul style="list-style-type: none"> • Recognise that people have different needs • Suggest ways that I can help someone in need 	<ul style="list-style-type: none"> • How to be responsible in different environments • Offer advice to someone in a letter
Being Safe		
EYFS	KS1 – Year 1	KS2 – Year 4
<ul style="list-style-type: none"> • Stop and think before acting • Wait for things they want • Be resourceful in finding support when they need help • Follow the rules and boundaries 	Keeping Safe	Keeping Safe
	<ul style="list-style-type: none"> • Explore basic rules for keeping safe online e.g. not to share information, whom to tell if they see something online that is upsetting, the importance of passwords and the importance of adult supervision • Talk about examples of rules and make classroom rules • Identify possible risks/hazards in the home and outside • Explore how to keep safe and reduce risks at home and in their local environment • Identify people who keep me safe • Spot dangers and hazard/warning signs 	<ul style="list-style-type: none"> • Know how to keep safe when riding a bike • Recognise the danger signs when swimming in open water • Understand road safety and how to cross the road safely and carefully • Identifying risks in the environment
	Year 2: First Aid and Fire Safety	First Aid



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<ul style="list-style-type: none"> Show awareness of road safety Know how to keep safe on bikes and scooters 	<ul style="list-style-type: none"> Recognise what to do if there is an accident and someone gets hurt. Know to keep themselves safe first Demonstrate how to ask for help including calling 999 Understand the dangers of hoax calling Identify potential distractions for drivers Name ways that a fire can be caused. 	<ul style="list-style-type: none"> Explain what first aid is and demonstrate basic techniques for dealing with common injuries such as asthma attacks and bites/stings Identify why first aid is important and demonstrate how to ask for help, including calling 999 in an emergency 						
Relationships								
EYFS	KS1 –Year 1	KS2 – Year 3 and Year 4						
<ul style="list-style-type: none"> Take account of one another's ideas about how to organise their activity Show sensitivity to others' needs and feelings Form positive relationships with adults and other children Play with younger children Show care for living things Know the importance of caring for others Explain what bullying is Take turns playing 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #c00000; color: white;">Friendships</td> </tr> <tr> <td> <ul style="list-style-type: none"> Explain what make a good friend/friendship Recognise kind / unkind behaviour Name the special people in their lives and who they can trust Tell someone if you are worried about something in a relationship/family Designing the perfect friend Dealing with grief </td> </tr> <tr> <td style="background-color: #c00000; color: white;">Year 2: Families</td> </tr> <tr> <td> <ul style="list-style-type: none"> Talk about some ways that their family is the same or different to others Understand that families may look different to different people Describe some things they enjoy doing with their family and how it makes them feel Explain why families are important </td> </tr> </table>	Friendships	<ul style="list-style-type: none"> Explain what make a good friend/friendship Recognise kind / unkind behaviour Name the special people in their lives and who they can trust Tell someone if you are worried about something in a relationship/family Designing the perfect friend Dealing with grief 	Year 2: Families	<ul style="list-style-type: none"> Talk about some ways that their family is the same or different to others Understand that families may look different to different people Describe some things they enjoy doing with their family and how it makes them feel Explain why families are important 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #c00000; color: white;">Friendships</td> </tr> <tr> <td> <ul style="list-style-type: none"> Identify what makes a positive healthy or unhealthy friendship Understand peer pressure and how to deal with it Explain how kindness can support wellbeing Recognise there are different types of relationships Recognise that knowing someone online can be different to knowing someone offline Creating a friendship recipe Recognise the importance of asking for help if we feel worried, lonely or excluded </td> </tr> </table>	Friendships	<ul style="list-style-type: none"> Identify what makes a positive healthy or unhealthy friendship Understand peer pressure and how to deal with it Explain how kindness can support wellbeing Recognise there are different types of relationships Recognise that knowing someone online can be different to knowing someone offline Creating a friendship recipe Recognise the importance of asking for help if we feel worried, lonely or excluded
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Money Matters								
EYFS	Year 2							
Maths:	Economic Wellbeing							



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<ul style="list-style-type: none">• Count objects to 10• Begin to count beyond 10	<ul style="list-style-type: none">• Understand what money is and its different forms• Describe some ways money can be looked after• Recognise that people make different choices about how to spend /save money• Talk about some things we all need and some things we want but don't need• Understand that money is different in other countries• Explain some different ways to pay for things
Entrepreneurs	
Year 3	
	<ul style="list-style-type: none">• Develop the skills to work effectively as a team• Develop confidence to work with other people and use strategies to deal with disagreements.