



## RHSE Progression Map

Progression of skills and knowledge	
Early Years	<p>RSHE is embedded in provision and learning everyday in EYs through the prime area of learning-Personal, Social and Emotional Development.</p> <p>RSHE will also be taught through:</p> <p><b><u>Come and See:</u></b></p> <p>Myself-God knows and loves each one of us Why am I precious?</p> <p>Welcome-Baptism; a welcome to God's family. Why is welcome important?</p> <p>Birthday-Looking forward to Jesus' birthday. Why do we celebrate birthdays?</p> <p>Celebrating-People celebrate in church. What and why do people celebrate?</p> <p>Gathering-The parish gathers to celebrate the Eucharist. Why do people gather together?</p> <p>Growing-Looking forward to Easter. How and why do things grow?</p> <p>Good News-Passing on the Good news of Jesus. What is good news?</p> <p>Friends-Friends of Jesus. Is it good to have friends?</p> <p>Our World-God's wonderful world. What makes our world so wonderful?</p> <p><b><u>A Journey in Love:</u></b></p> <p>Social and Emotional-To recognise the joy of being a special person in my family</p> <p>Physical-To recognise that we are all different and unique</p> <p>Spiritual-To celebrate the joy of being a special person in God's family</p>

Families and people who care for me	<p><u>PSHE-Jigsaw:</u></p> <p>Being me in my World-To begin to understand feelings, rights and responsibilities.</p> <p>Celebrating Difference-To talk about the lives of people around them. To recognise that people have different beliefs.</p> <p>Healthy Me-To recognise some of the ways I can keep my body healthy</p> <p>Relationships-To develop ways of working together</p> <p>Dreams and Goals-To see themselves as a valuable individual and begin to show perseverance in the face of challenges.</p> <p><u>No Outsiders:</u></p> <p>Ten Little Pirates-To know boys and girls can play together</p> <p>Blue Chameleon-To know that I can make friends with anyone</p> <p>Mommy, Mama and Me-To celebrate my family</p> <p>The Family Book-To know all families are different</p> <p>Hello Hello-To know we are all different</p>					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p><u>Come and See-Families</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• The love and care shown in the family</li> <li>• God's love and care for every family</li> </ul> <p><u>Belonging</u></p> <p>Know and understand:</p>	<p><u>Come and See-Preparations</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Preparing for special family times</li> </ul> <p><u>A Journey in Love</u></p> <p>Know and understand that they are growing and developing in a God-given community.</p>	<p><u>Come and See-Homes</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• The joys and sorrows of being a family at home</li> </ul> <p><u>Belonging</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Belonging to a group involves promises and rules</li> </ul>	<p><u>Come and See-People</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Our family trees</li> </ul> <p><u>Gift</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• The gift of love and friendship</li> </ul>	<p><u>Come and See-Ourselves</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• A deepening awareness of 'Who I am'</li> <li>• Ourselves as made in the image and likeness of God</li> </ul> <p><u>Life Choices</u></p>	<p><u>Come and See-Loving</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• The love and care of people</li> </ul> <p><u>Unity</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• What nourishes and what spoils friendship and unity</li> </ul>

	<ul style="list-style-type: none"> <li>• About belonging to different groups</li> <li>• That Baptism is an invitation to belong to God's family</li> </ul> <p><u>Meals</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Families and groups share special meals</li> </ul> <p><u>A Journey in Love</u></p> <p>Know and understand that they are growing and developing as members of their own family and God's family.</p>				<p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Showing care and commitment</li> <li>• The call to life and love within the community; marriage</li> </ul>	
Caring Friendships	<p><u>Come and See- Neighbours</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Neighbours all around</li> <li>• Everyone is our neighbour and is loved by God</li> </ul> <p><u>PSHE-Jigsaw- Relationships</u></p>	<p><u>PSHE-Jigsaw-Being me in my world</u></p> <p>Explain why my behaviour can affect other people in my class.</p> <p>Compare my own and my friends' choices and can express why</p>	<p><u>Come and See- Listening and Sharing</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Listening and sharing with one another</li> </ul> <p><u>A Journey in Love</u></p> <p>Know and understand the virtues essential to friendship e.g. loyalty, responsibility and</p>	<p><u>Come and See- Building Bridges</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Building bridges of friendship</li> </ul>		<p><u>Come and See-Unity</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• What nourishes and what spoils friendship and unity</li> </ul>

	<p>Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself.</p> <p>Explain how my qualities help these relationships.</p> <p>Give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>some choices are better than others</p> <p><u>Dreams and Goals</u></p> <p>Explain how I played my part in a group and the parts other people played to create an end product.</p> <p>Explain how our skills complemented each other. Identify a range of feelings about group work.</p>	<p>experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.</p>			
<p><b>Respectful relationships- including self</b></p>	<p><u>Come and See-Community</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• That there are special people in our lives who are there to help us</li> <li>• That on Sunday, in church, we meet people who do special</li> </ul>	<p><u>Come and See-Rules</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• How rules can help at home and in school</li> <li>• The reasons for rules in the Christian family</li> </ul> <p><u>PSHE-Jigsaw-Relationships</u></p> <p>Explain why some</p>	<p><u>Come and See-Choices</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Choices have consequences</li> <li>• The importance of conscience in making choices</li> </ul> <p><u>PSHE-Jigsaw-Being me in my world</u></p> <p>Explain how my behaviour can affect</p>	<p><u>Come and See-Called</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• The response to being chosen</li> </ul> <p><u>Self-Discipline</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Self-discipline is important</li> </ul>	<p><u>Come and See-Freedom and Responsibility</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Freedom involves responsibility</li> </ul> <p><u>PSHE-Jigsaw-Being me in my world</u></p> <p>Compare my life with other people in my country and explain</p>	<p><u>Come and See-Common Good</u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• Justice for the good of all</li> <li>• The work which Christians do for the common good of all</li> </ul> <p><u>PSHE-Jigsaw-Being me in my world</u></p>

	<p>jobs.</p> <p><u><b>Being Sorry</b></u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• We have choice – sometimes we choose well, and sometimes wrongly</li> </ul> <p><u><b>PSHE-Jigsaw Celebrating Difference</b></u></p> <p>Explain some ways that I am different and similar to other people in my class and why this makes us all special.</p> <p>Explain what bullying is and how being bullied might make someone feel.</p> <p><u><b>Dreams and Goals</b></u></p> <p>Explain how I feel when I am successful and how this can be celebrated positively. Explain why my internal treasure chest</p>	<p>things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p> <p><u><b>Celebrating Difference</b></u></p> <p>Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</p> <p>Explain how it feels to have a friend and be a friend. Explain why it is ok to be different</p>	<p>how others feel and behave.</p> <p>Explain why it is important to have rules and how that helps me and others in my class learn</p> <p>Explain why it is important to feel valued.</p> <p><u><b>Relationships</b></u></p> <p>Explain how my life is influenced positively by people I know and also by people from other countries.</p> <p>Explain why my choices might affect my family, friendships and people around the world</p> <p><u><b>Celebrating Difference</b></u></p> <p>Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>Explain how being involved with a conflict</p>	<p><u><b>PSHE-Jigsaw-Being me in my world</b></u></p> <p>Explain why being listened to and listening to others is important in my school community.</p> <p>Explain why being democratic is important and can help me and others feel valued.</p> <p><u><b>Relationships</b></u></p> <p>Recognise how people are feeling when they miss a special person or animal.</p> <p>Explain what might help me manage my feelings when missing a special person or animal.</p> <p><u><b>Celebrating Difference</b></u></p> <p>Recognise a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be</p>	<p>why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>Explain how the actions of one person can affect another and can give examples</p> <p><u><b>Relationships</b></u></p> <p>Compare different types of friendships and the feelings associated with them.</p> <p><u><b>Celebrating Difference</b></u></p> <p>Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p>	<p>Explain how my choices can have an impact on people in my immediate community and globally.</p> <p>Empathise with others in my community and globally and explain how this can influence the choices I make</p> <p><u><b>Celebrating Difference</b></u></p> <p>Explain ways in which difference can be a source of conflict or a cause for celebration.</p> <p><u><b>No Outsiders</b></u></p> <p>The Island-To consider causes of racism</p> <p>King of the Sky-To consider responses to immigration</p> <p>The Only Way is Badger-To consider language and freedom of speech</p> <p>Leaf-To overcome fears about difference</p>
--	--	---	--	--	---	---

	<p>is an important place to store positive feelings.</p> <p><u>No Outsiders</u></p> <p>Elmer-To like the way I am</p> <p>Going to the Volcano-To know I can join in</p> <p>Want to play trucks?-To find ways to play together</p> <p>Hair, It's a family affair-To be proud to be different</p> <p>Max the Champion-To understand that our bodies work in different ways</p> <p>Errol's Garden-To learn to work together</p>	<p>from my friends.</p> <p><u>No Outsiders</u></p> <p>Super Dooper You-To know my own self worth</p> <p>How to be a Lion-To have self-confidence</p> <p>What the Jackdaw saw-To communicate in different ways</p> <p>Amazing-To think about what makes a good friend</p> <p>The Great Big Book of Families-To understand what diversity is</p> <p>All are Welcome-To know I belong</p>	<p>makes me feel and can offer strategies to help the situation</p> <p><u>No Outsiders</u></p> <p>The Truth about Old People-To recognise a stereotype</p> <p>Beegu-To know how to make someone feel welcome</p> <p>Planet Omar-To consider living in Britain today</p> <p>The Hueys in the new jumper-To recognise and help an outsider</p> <p>Suitcase-To understand the universal legislation on human rights</p> <p>We're all Wonders-To understand what a bystander is</p> <p>T</p>	<p>difficult to spot and what to do about it.</p> <p><u>A Journey in Love</u></p> <p>Know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.</p> <p><u>No Outsiders</u></p> <p>Julian is a Mermaid-To show acceptance</p> <p>Along came a different-To help someone accept difference</p> <p>Dogs don't do ballet-To choose when to be assertive</p> <p>King and King-To be proud of who I am</p> <p>Aalfred and Aalbert-To find common ground</p>	<p><u>No Outsiders</u></p> <p>Rose Blanche-To justify my actions</p> <p>Kenny Lives with Erica-To consider consequences</p> <p>Mixed-To consider responses to racist behaviour</p> <p>How to heal a broken wing-To recognise when someone needs help</p> <p>And Tango makes 3-To exchange dialogue and express opinion</p> <p>The Girls-To explore friendship</p>	<p>Introducing Teddy-To show acceptance</p> <p>A Day in the Life of Marlon Bundo-To consider democracy</p> <p><u>Holocaust Studies</u></p> <p>To know the importance of respecting others, even when they are different from them or make different choices or have different preferences or beliefs.</p>
--	--	--	--	--	---	---

				When Sadness comes to call-To look after my mental health		
<b>Online Relationships</b>	<p><u><a href="#">Purple Mash-Digital Literacy</a></u></p> <p>To understand the importance of keeping information, such as their usernames and passwords private, and actively demonstrate this in lessons.</p> <p>Children take ownership of their work and save this in their own private space.</p>	<p><u><a href="#">Purple Mash-Digital Literacy</a></u></p> <p>Children know the implications of inappropriate online searches. Children begin to understand how things are shared electronically such as posting work to the internet. They develop an understanding of using email safely and know ways of reporting inappropriate behaviours and content to a trusted adult.</p>	<p><u><a href="#">Purple Mash-Digital Literacy</a></u></p> <p>Children demonstrate the importance of having a secure password and not sharing this with anyone else. Furthermore, children can explain the negative implications of failure to keep passwords safe and secure. They understand the importance of staying safe and the importance of their conduct when using familiar communication tools. They know more than one way to report unacceptable content and contact.</p>	<p><u><a href="#">Purple Mash-Digital Literacy</a></u></p> <p>Children can explore key concepts relating to online safety using concept mapping. They can help others to understand the importance of online safety. Children know a range of ways of reporting inappropriate content and contact.</p>	<p><u><a href="#">Purple Mash-Digital Literacy</a></u></p> <p>Children have a secure knowledge of common online safety rules and can apply this by demonstrating the safe and respectful use of a few different technologies and online services. Children implicitly relate appropriate online behaviour to their right to personal privacy and mental wellbeing of themselves and others.</p> <p><u><a href="#">PSHE-Jigsaw Relationships</a></u></p> <p>Explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself,</p>	<p><u><a href="#">Purple Mash-Digital Literacy</a></u></p> <p>Children demonstrate the safe and respectful use of a range of different technologies and online services. They identify more discreet inappropriate behaviours through developing critical thinking. They recognise the value in preserving their privacy when online for their own and other people's safety.</p>

					negotiate and to resist peer pressure. Apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.	
<b>Being Safe</b>	<p><a href="#">PSHE-Jigsaw-Being me in my world</a></p> <p>To explain why my class is a happy and safe place to learn</p> <p><a href="#">Mental Health awareness week-every year.</a></p> <p><a href="#">NSPCC visit: Speak Out Stay Safe</a></p> <p><a href="#">PANTS RULE</a></p> <p>To help children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.</p>	<p><a href="#">Mental Health awareness week-every year.</a></p> <p><a href="#">NSPCC visit: Speak Out Stay Safe</a></p> <p><a href="#">PANTS RULE</a></p> <p>To help children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.</p>	<p><a href="#">PSHE-Jigsaw-Healthy Me</a></p> <p>To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</p> <p>To identify when something feels safe or unsafe.</p> <p><a href="#">Mental Health awareness week-every year.</a></p> <p><a href="#">NSPCC visit: Speak Out Stay Safe</a></p> <p>-To understand the various forms abuse can take</p>	<p><a href="#">PSHE-Jigsaw-Healthy Me</a></p> <p>To recognise when people are putting me under pressure and I can explain ways to resist this when I want.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p><a href="#">Mental Health awareness week-every year.</a></p> <p><a href="#">NSPCC visit: Speak Out Stay Safe</a></p> <p>-To understand the various forms abuse can take</p>	<p><a href="#">Mental Health awareness week-every year.</a></p> <p><a href="#">NSPCC visit: Speak Out Stay Safe</a></p> <p>-To understand the various forms abuse can take</p> <p>-To understand that abuse is never the fault of the child</p> <p>-To know how to report abuse and seek out help</p> <p><a href="#">First Aid</a></p> <p>To know how to make a clear and efficient call to emergency services.</p>	<p><a href="#">PSHE-Jigsaw-Healthy Me</a></p> <p>To understand that some people can be exploited and made to do things that are against the law.</p> <p>To know why some people join gangs and the risks this involves.</p> <p><a href="#">Mental Health awareness week-every year.</a></p> <p><a href="#">NSPCC visit: Speak Out Stay Safe</a></p> <p>-To understand the various forms abuse can take</p> <p>-To understand that abuse is never the fault of the child</p>



	<p><b>First Aid</b></p> <p>To know how to make a call to the emergency services</p>	<p><b>First Aid</b></p> <p>To know how to make a call to the emergency services</p>	<p>-To understand that abuse is never the fault of the child -To know how to report abuse and seek out help</p> <p><b>First Aid</b> To know how to make a clear and efficient call to emergency services. To know the concepts of basic first-aid, including head injuries and bites and stings.</p> <p><b>Swimming</b> To know and practise life-saving skills near water</p>	<p>-To understand that abuse is never the fault of the child -To know how to report abuse and seek out help</p> <p><b>First Aid</b> To know how to make a clear and efficient call to emergency services. To know the concepts of basic first-aid, including asthma.</p> <p><b>Swimming</b> To know and practise life-saving skills near water</p>	<p>To know the concepts of basic first-aid, including bleeding.</p> <p><b>Swimming</b> To know and practise life-saving skills near water</p>	<p>-To know how to report abuse and seek out help</p> <p><b>First Aid</b> To know how to make a clear and efficient call to emergency services. To know the concepts of basic first-aid, including choking.</p> <p><b>Swimming</b> To know and practise life-saving skills near water</p>

Sex Education				<p><a href="#">A Journey in Love</a></p> <p>Know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.</p> <p>-Name the different male and female body parts and introduce their various functions</p> <p>-Identify the development of the baby in the womb</p>	<p><a href="#">A Journey in Love</a></p> <p>Know and become aware of the physical and emotional changes that accompany puberty-sensitivity, mood swings, anger, boredom, etc. and grow further in their understanding of God's presence in their daily lives.</p> <p>-Identify and celebrate the ways they have changed since birth</p> <p>-Discuss the external and internal changes which happen to boys and girls in puberty</p> <p>-Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother or father</p>	<p><a href="#">A Journey in Love</a></p> <p>Understand that they develop in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.</p> <p>-Explain how human life is conceived</p> <p>-Identify the organs of the human body including male and female reproductive organs</p>
---------------	--	--	--	--	--	---

					-Understand the purpose of the menstrual cycle to prepare the female body for reproduction	
Keeping Healthy	<p><u><b>Come and See-Giving-Change</b></u></p> <p>Know and understand:</p> <ul style="list-style-type: none"> <li>• That we change and grow</li> </ul> <p><u><b>PSHE-Jigsaw-Healthy Me</b></u></p> <p>Explain why I think my body is amazing and identify a range of ways to keep it safe and healthy.</p> <p>Give examples of when being healthy can help me feel happy.</p> <p><u><b>Healthy Teeth</b></u></p> <p>To know about how to keep their teeth healthy</p>	<p><u><b>PSHE-Jigsaw-Healthy me</b></u></p> <p>Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p> <p><u><b>Healthy Diet</b></u></p> <p>In science lessons, the children will learn about the importance of exercise, eating the right amounts of different types of food and hygiene.</p>	<p><u><b>PSHE-Jigsaw-Healthy me</b></u></p> <p>Identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.</p> <p>Express how being anxious/ scared and unwell feels.</p> <p><u><b>Healthy Diet</b></u></p> <p>In science lessons, the children will identify that humans need the right types of nutrition and that they get nutrition from what they eat.</p>	<p><u><b>PSHE-Jigsaw-Healthy me</b></u></p> <p>Recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>Identify feelings of anxiety and fear associated with peer pressure</p> <p><u><b>Healthy Teeth</b></u></p> <p>As part of their science lessons, this year group identifies different tooth types and their functions.</p> <p>As part of their RSHE lessons, they must then study about dental health and the benefits of good oral hygiene and dental</p>	<p><u><b>PSHE-Jigsaw-Healthy me</b></u></p> <p>Explain different roles that food and substances can play in people's lives.</p> <p>Explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>Summarise different ways that I respect and value my body.</p> <p><u><b>Sun Safety</b></u></p> <p>To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun</p>	<p><u><b>PSHE-Jigsaw-Healthy me</b></u></p> <p>Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p> <p><u><b>Healthy Diet</b></u></p> <p>In science lessons, the children will learn to recognise the impact of diet, exercise, drugs and lifestyle on the</p>

		<p><b><u>Mental Health</u></b></p> <p>Use 'The Boy, the mole, the fox and the horse book to reinforce key mental wellbeing messages.</p>	<p><b><u>Mental Health</u></b></p> <p>Use 'The Voices in my head' book to talk about 'Crusher' and 'Booster' To learn to talk compassionately to themselves.</p>	<p>flossing, including regular check ups at the dentist.</p>	<p>damage, including skin cancer</p>	<p>way their bodies function.</p>
--	--	--	--	--	--------------------------------------	-----------------------------------