



Progression and Core Knowledge in RSHE

(Relationships, Sex and Health Education)

The Big Ideas in RSHE

- To understand the characteristics of positive relationships with reference to friendships, family relationships, and relationships with other children and with adults.
- To know how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.
- Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- Know how to report concerns and seek advice when they suspect or know that something is wrong.

	FS	Y1	Y2
Relationships	Play with one or more child, extending their ideas Understand gradually how others might be feeling Build constructive and respectful relationships Express their feelings and consider the feelings of others	Recognise a range of feelings in ourselves and other people and how to respond Know their behaviour can affect others Know how to listen to others and play and work co-operatively Offer constructive feedback to others Recognise what is fair and unfair, kind and unkind, right and wrong Identify their special people (family, friend, carers) and how they should look after each other Know that people's bodies can be hurt Identify different types of teasing and bullying and know these Sharing opinions on things that matter using discussions	Know what physical contact is acceptable Recognise what makes them special

Health and Wellbeing

Talk about their feelings using words like happy, sad, angry or worried

See themselves as a valuable individual

Identify and moderate their own feelings socially and emotionally

Know and talk about the different factors that support their overall health and wellbeing:

- regular physical activity
- healthy eating
- tooth brushing
- sensible amounts of 'screen time'
- having a good sleep routine
- being a safe pedestrian

Communicate feelings to others

Know a range of strategies to manage own feelings

Use words to describe a range of feelings

Identify the benefits of a healthy lifestyle

Identify ways of being healthy, recognising likes and dislikes

Know that choices can have good and not so good consequences

Know about simple personal hygiene and use knowledge to stop the spread of disease

Understand the meaning of physical, emotional and mental health

Know how to make informed choices

Understand the role of drugs as medicine

Identify alternatives to taking medicine

Know that household products, including medicines, can be harmful if not used properly

Identify rules for and ways of keeping safe

Know that they have shared responsibility in keeping themselves and others safe

Explore growing, changing and becoming independent

Use the correct terminology for parts of the body

Know who they can ask for help

Know ways of keeping safe and not to keep secrets

Knowing what privacy is, their right to keep things private and respecting others privacy

Know about privacy in different contexts

Know how to respect own needs and those of others

Know what change and loss mean and how these can affect our feelings

Manage change positively

Living in the Wider World

Increasingly follow rules, understanding why they are important

Think about the perspective of others

Identify ways in which they are unique

Know that they belong to different groups

Identifying and respecting the differences between people

Understand that everyone is unique

Know why rules are important in keeping us safe

Know that they belong to different groups and communities such as families and school

Identify the ways in which we are the same as other people, what we have in common with everyone else

Identify people who work in the community and how to ask for help

Recognise what money looks like

Identify how money is obtained

Understand the way money can be used

Understand how to keep money safe and what influences choices

What's next in RSHE?

Below are some examples of objectives from lower KS2

Strand	Y3	Y4
Families & people who care for me	Know that marriage is one way that people might show their commitment to one another in a family	Know that there are different kinds of families and partnerships (RE3) & what makes a happy family (RE2)
Careful friendships Respectful relationships	Know how to welcome others into friendships and not leave people out (RE9) Know the importance of valuing and respecting themselves and how this contributes to happiness (RE15)	Know how to demonstrate the features of good healthy friendships (RE8) Know how to acknowledge that others have different points of view (RE12)
Online relationships and internet safety	Know how to get help if they are worried about something online (HE17) Know that some information in the media and online is not true (HE16)	Know how information and data is shared and used online (RE24) Identify when they may need to seek help with an online issue (RE22)
Being safe	Understand that there are other substances that affect the body that are not medicines and are legal, e.g. caffeine, tobacco, alcohol (HE25)	Know about personal boundaries; they know what they are willing to share with special people, friends, classmates and others; and that we all have rights to privacy (RE25, RE26)
Mental wellbeing	Know the difference between mental wellbeing and mental ill health, and recognise that many people will experience mental ill health in their lives (HE1, HE10)	Know about strong emotions they may have in certain situations and how to manage these safely (HE2, HE4)
Healthy Eating and Physical Health	Know which foods may contribute towards tooth decay (HE24)	Knowledge of different types of physical activity and how these benefit the body and mind (HE18, HE19)
Health Prevention and First Aid	Know how to brush teeth effectively (HE29)	Know about the importance of good oral hygiene and dental flossing, including regular checkups at the dentist (HE29)
Being an active citizen	Know how to empathise with other people and situations through topical issues, problems and local and global events	Know what democracy means Know why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules in school
Changing adolescent bodies	Nothing in year 3	Know some of the ways that their body and emotions will change through the process of puberty and how this is linked to reproduction (HE34)
Sex Education	Nothing in year 3	Nothing in year 4
Finance	Know reasons why we have charities	Know how to demonstrate how to look after and save money
Moving On	Know how to identify and celebrate positive achievements during their time in Year 3	Know how to identify positive achievements during their time in Year 4