

Theme	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and people who care for me.	To have an understanding of who looks after us and how they help us every day.	To understand that families are important when growing up as they support us, show us love, security and stability.	To understand the characteristics of healthy family life. To show commitment to each other. To show protection and care for other family members. To understand the importance of spending time together.	To understand that some families may look different to our own family. To show respect to people's families if they are different to our own.	To understand that stable, caring relationships, which may be of different types, are at the heart of a happy family. To understand that relationships are important for our security as we grow up.	To understand that marriage between two people represents a formal and legally recognised commitment, which is intended to be lifelong.	To understand and recognise if family relationships are making us feel unhappy or unsafe. To be able to seek help and advice from others if needed.
Caring friendships	To understand what we mean by manners and being friendly. To play co-operatively, taking turns with others. To listen to other's ideas about how to organise their activity. To show sensitivity to others' needs and feelings. To form positive relationships with adults and other children. Understand someone else's point of view can be different from theirs. To understand what bullying is and that this is unacceptable behaviour.	To have an understanding of how friendships are and how they make us happy and secure. To discuss how people choose and make friends.	To understand how important friends are in making us feel happy and secure. To choose good friendships and how to go about choosing friends.	To understand the characteristics of friendship: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences.	To understand that healthy friendships are positive. To ensure that relationships should not make others feel lonely or excluded	To understand that friendships have ups and downs. To understand that working through a friendship to repair or strengthen it is important. To understand that resorting to violence is never right.	To be able to recognise who to trust and who not to trust. To understand how to judge when a friendship is making them feel unhappy or uncomfortable. To manage conflicts between friends and family members such as siblings. To know how to manage the above situations and who to ask for help, support and guidance.
Respectful relationships	To resolve minor disagreements through listening and arriving at a solution.	To discuss types of bullying such as cyberbullying and the impact they have on people.	To understand the importance of respecting others including when they are different to us.	Expect to be treated with respect in the school environment and in wider society.	To explain the importance of self-respect and how this links to their own happiness.	To understand the importance of permission-seeking and giving in relationships	To explain what a stereotype is. To understand that stereotypes can be

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			<p>To make different choices.</p> <p>To understand that people have different beliefs and preferences in life.</p>	<p>To show respect to others including those in positions of authority. Such as teacher, TA, headteacher, parent, adult.</p>		<p>with friends, peers and adults.</p>	<p>unfair, negative or destructive and how these influence our lives.</p>
<p>Being safe</p>	<p>To understand that the internet is an exciting place but we must follow certain rules when going online.</p> <p>To understand that many websites ask for information that is private and discuss how to responsibly handle such requests.</p>	<p>To understand that the internet is an exciting place but we must follow certain rules.</p> <p>To understand that many websites ask for information that is private and discuss how to responsibly handle such requests.</p> <p>To send an email safely.</p> <p>To understand where to get advice from.</p> <p>To understand that each person's body belongs to them.</p> <p>To know the differences between appropriate and inappropriate or unsafe physical contact.</p>	<p>To understand that they should stay safe online by choosing websites that are good for them to visit.</p> <p>To recognise and avoid sites that are not appropriate for them to use.</p> <p>To learn that the information they put online leaves a digital footprint or "trail." This trail can be big or small, helpful or hurtful, depending on how they manage it.</p> <p>To learn that children sometimes can act like bullies when they are online.</p> <p>To understand the term cyberbullying and what to do if they encounter it.</p> <p>To complete a safe search online.</p>	<p>To explore using passwords and why it is important to keep them safe.</p> <p>To understand respect when online and create sensible messages that are safe to send.</p>	<p>To be respectful when communicating with others online.</p> <p>To know when to share personal information and when to keep it private.</p> <p>To understand the term cyberbullying.</p> <p>To understand the term plagiarism and copying the work of others.</p>	<p>To be able to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>To create safe passwords which they keep private.</p> <p>To understand how photos can be adapted digitally and they are not always the real thing.</p>	<p>To understand that the internet can also be a negative place where the following can happen: online abuse, trolling, bullying, harassment.</p> <p>To understand that information from a search engine is ranked, selected and targeted.</p> <p>To judge what kind of physical contact is acceptable or unacceptable and how to respond.</p> <p>To recognise and respect personal boundaries and that everyone has a right to privacy.</p> <p>To understand why some games and sites on social media are age restricted.</p>

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<p>Mental well-being</p>	<p>To explore a range of emotions such as happy, sad, upset, fear, anger, surprise and nervousness. To discuss how different situations alter emotions.</p> <p>To have a varied vocabulary when talking about their own and others' emotions.</p>	<p>To know how to judge what they are feeling. To decide if they are behaving appropriately or not.</p>	<p>To understand the benefits of physical exercise. To spend time outdoors. To spend time in a community. The benefits of volunteering somewhere.</p>	<p>To understand simple self-care techniques, including taking time for rest, making sure you have enough sleep. To spend time with family and friends. To explain the benefits of hobbies and free time.</p>	<p>To discuss how isolation and loneliness can affect children and that it is important to seek help.</p>	<p>To understand that bullying has a negative effect on people and their mental wellbeing, To recognise signs of bullying and how to seek help and support. To know who to speak to if they are worried about a friend's mental wellbeing.</p>	<p>To discuss how people's mental health is important and sometimes people need help and support if they come across problems. To understand that help needs to be accessed early enough. To explain the benefits of rationing time online and the effects it can have on people's mental wellbeing.</p>
<p>Physical health and fitness</p>	<p>To develop fine and gross motor skills. To understand that being active is good for our body and mind.</p>	<p>To understand the simple benefits of exercise and how it affects our bodies. To identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</p>	<p>To understand the importance of building regular exercise into our daily lifestyle. To establish daily and weekly routines. To understand that animals, including humans, have offspring which grow into adults- links to lifecycles. To find out about and describe the basic needs of animals, including humans, for survival (water, food and air) To describe the importance for humans of exercise,</p>	<p>To discuss risks of not having an active lifestyle such as obesity and ensuring that we seek advice if worried. To discuss the lack of sleep and how this affects mood, weight and their ability to learn. To identify and describe the functions of different parts of flowering plants: roots, stem/trunk, leaves and flowers. To explore the part that flowers play in the life cycle of flowering plants, including pollination,</p>	<p>To understand dental hygiene and seeing a dentist on a regular basis. To explain the benefits of good oral hygiene by brushing your teeth and drinking/eating food and drinks which have less sugar content. To be able to explain what happens to their bodies during exercise. To understand the importance of a warmup and how we need to look after our bodies.</p>	<p>To explain what happens to their body during exercise. To create a balanced healthy lifestyle. To understand the importance of a warmup and how we need to look after our bodies. To understand how our bodies change during puberty. To understand personal hygiene and ways to stay fresh.</p>	<p>To explain what happens to their bodies during exercise. To be physically active for prolonged periods of time. To lead a healthy and active life. To understand the importance of a warmup and how we need to look after our bodies. To understand the amount of sugar we intake can affect our nutrition.</p>

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			eating the right amounts of different types of food, and hygiene.	seed formation and seed dispersal. To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.	To understand how our bodies change during puberty. To understand personal hygiene and ways to stay fresh.		
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