

Year 1 - Progression of Skills and Vocabulary in PSHE and RSHE

Year 1	<p>National Curriculum: The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught 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 – these are the forerunners of teaching about consent, which takes place at secondary.</p>		
Relationships	Families and friendships	Roles of different people Families Feeling cared for	Friends, teachers, parents, sibling, grandparents, relatives, families
	Safe relationships	Recognising privacy Staying safe Seeking permission	feeling's, help, private, uncomfortable, safe, unsafe, permission
	Respecting ourselves and others	How behaviour affects others Being polite and Respectful	Behaviour, school, kind, feeling's, respect, polite, rules, sharing
Living in the Wider World	Belonging to a community	What rules are Caring for others' needs Looking after the environment	Rules, care, environment, recycling, differences
	Media literacy and digital resilience	Using the internet and digital devices Communicating online	Internet, digital, devices, safety, online
	Money and work	Strengths and interests; jobs in the community	Strengths, interests, community, jobs, work
Health and Wellbeing	Physical health and Mental wellbeing	Keeping healthy Food and exercise, hygiene routines Sun safety	Healthy, hygiene, care, unhealthy, balance, safe
	Growing and changing	Recognising what makes them unique and special Feelings Managing when things go wrong	Unique, special, same, different, feelings, recognise
	Keeping safe	How rules and age restrictions help us Keeping safe online	Safe, restrictions, online, trust, feelings

Year 2 - Progression of Skills and Vocabulary in PSHE and RSHE

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	Relationships	<p>Families and friendships</p> Making friends Feeling lonely and getting help	Kindness, listening, honesty, friends, inclusion, arguments, help
		<p>Safe relationships</p> Managing secrets Resisting pressure and getting help Recognising hurtful behaviour	Online, bullying, feelings, differences, secrets, uncomfortable, worried
<p>Respecting ourselves and others</p> Recognising things in common and differences Playing and working cooperatively Sharing opinions		Classmates, friends, common, differences, groups, situations, discussions, reasons	
Living in the Wider World	<p>Belonging to a community</p> Belonging to a group; roles and responsibilities Being the same and different in the community	Groups, roles, teams, faiths, responsibilities, community	
	<p>Media literacy and digital resilience</p> The internet in everyday life Online content and information	Internet, purpose, value, content, recognise	
	<p>Money and work</p> What money is Needs and wants Looking after money	Currency, jobs, banks, savings, money, spending	
Health and Wellbeing	<p>Physical health and Mental wellbeing</p> Why sleep is important Medicines and keeping healthy Keeping teeth healthy Managing feelings and asking for help	Routines, mental health, growing, changing, teeth, dentist, feelings, bereavement	
	<p>Growing and changing</p> Growing older Naming body parts Moving class or year	life cycle, human, bodies, responsibilities, goals, changes	
	<p>Keeping safe</p> Safety in different environments Risk and safety at home Emergencies	Medicines, safety, unsafe, danger, accident, emergency	

Year 3 - Progression of Skills and Vocabulary in PSHE and RSHE

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Relationships	Families and friendships	What makes a family Features of family life	Recognise, respect, stability, love, support, caring, unsafe
	Safe relationships	Personal boundaries Safely responding to others The impact of hurtful behaviour	Family, classmates, boundaries, respect, safe, behaviour, bullying
	Respecting ourselves and others	Recognising respectful behaviour The importance of self-respect Courtesy and being polite	Respect, help, responsible, self-respect, polite, cultures, society
Living in the Wider World	Belonging to a community	The value of rules and laws Rights, freedoms and responsibilities	Laws, society, human rights, responsibilities, rights, police
	Media literacy and digital resilience	How the internet is used Assessing information online	Leisure, online, reliable, websites, choices
	Money and work	Different jobs and skills Job stereotypes Setting personal goals	Jobs, vocation, myths, stereotypes, teamwork, achievements
Health and Wellbeing	Physical health and Mental wellbeing	Health choices and habits What affects feelings Expressing feelings	Choices, healthy, unhealthy, influence, habits, lifestyle, physical
	Growing and changing	Personal strengths and achievements Managing and reframing setbacks	Valuable, contributions, self-worth, setbacks, challenges, identity
	Keeping safe	Risks and hazards Safety in the local environment and unfamiliar places	Hazards, risks, alarms, safety, rules, environment

Year 4 - Progression of Skills and Vocabulary in PSHE and RSHE

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Relationships	Families and friendships	Positive friendships, including online	Friendships, positive, digital devices, communicating, contact, online, healthy
	Safe relationships	Responding to hurtful behaviour Managing confidentiality Recognising risks online	Differentiate, experiences, bullying, dares, pressures, confidence, harmful, pretending
	Respecting ourselves and others	Respecting differences and similarities Discussing difference sensitively	Recognise, gender, race, faith, values, respect, differences, include
Living in the Wider World	Belonging to a community	What makes a community Shared responsibilities	Community, belonging, differences, volunteering, compassion, responsibilities
	Media literacy and digital resilience	How data is shared and used	digital footprint, organisations, online, adverts, fact/fiction
	Money and work	Making decisions about money Using and keeping money safe	Budgets, value, important, payment, charities
Health and Wellbeing	Physical health and Mental wellbeing	Maintaining a balanced lifestyle Oral hygiene and dental care	Balance, healthy, recognise, illness, support, care, dental health
	Growing and changing	Physical and emotional changes in puberty External genitalia Personal hygiene routines Support with puberty	Identify, hygiene, emotion, help, puberty, information
	Keeping safe	Medicines and household products; drugs common to everyday life	Medicines, drug, cigarettes, habit, e-cigarettes, vaping

Year 5 - Progression of Skills and Vocabulary in PSHE and RSHE

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Relationships	Families and friendships	Managing friendships and peer influence	Healthy, friendships, relationship, influence, communication, support, peer
	Safe relationships	Physical contact and feeling safe	Permission, contact, uncomfortable, unacceptable, secret, worried, concerned
	Respecting ourselves and others	Responding respectfully to a wide range of people Recognising prejudice and discrimination	Treated, equally, respect, discrimination, bullying, online, report, safety
Living in the Wider World	Belonging to a community	Protecting the environment Compassion towards others	Resources, protecting, environment, actions, compassion, responsibility
	Media literacy and digital resilience	How information online is targeted Different media types, their role and impact	Identify, purpose, fact, opinion, stereotypes, reliable, information
	Money and work	Identifying job interests and aspirations What influences career choices Workplace stereotypes	Jobs, ambition, career, conditions, inclusion, diversity
Health and Wellbeing	Physical health and Mental wellbeing	Healthy sleep habits Sun safety Medicines, vaccinations, immunisations and allergies	Lifestyle, healthy, outdoors, sun safety, illness, cleanliness, virus, allergies
	Growing and changing	Personal identity Recognising individuality and different qualities Mental wellbeing	personal identity, gender, recognise, respect, express, well being
	Keeping safe	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Unsafe, emergency, risk, FGM, injuries, responsibility

Year 6 - Progression of Skills and Vocabulary in PSHE and RSHE

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<p>Relationships</p>	<p><i>Families and friendships</i></p>	<p>Attraction to others Romantic relationships Civil partnership and marriage</p>	<p>Relationship, attraction, healthy, commitment, love, marriage</p>
	<p><i>Safe relationships</i></p>	<p>Recognising and managing pressure Consent in different situations</p>	<p>Friendship, pressure, dares, unsafe, worried, guidance, support</p>
	<p><i>Respecting ourselves and others</i></p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Values, behaviours, respect, disagreements, conflict, views, listen</p>
<p>Living in the Wider World</p>	<p><i>Belonging to a community</i></p>	<p>Valuing diversity Challenging discrimination and stereotypes</p>	<p>Prejudice, discrimination, challenge, stereotypes, influence</p>
	<p><i>Media literacy and digital resilience</i></p>	<p>Evaluating media sources Sharing things online</p>	<p>Contacting, communicating, safety, social media, sharing, age restrictions, connecting</p>
	<p><i>Money and work</i></p>	<p>Influences and attitudes to money Money and financial risks</p>	<p>Role, value, work, finances, risk, gambling</p>
<p>Health and Wellbeing</p>	<p><i>Physical health and Mental wellbeing</i></p>	<p>What affects mental health and ways to take care of it Managing change, loss and bereavement Managing time online</p>	<p>Feelings, mental health, conflict, support, changes, bereavement, balance, online</p>
	<p><i>Growing and changing</i></p>	<p>Human reproduction and birth Increasing independence Managing transition</p>	<p>Independence, changes, secondary, routines, intercourse, contraception</p>
	<p><i>Keeping safe</i></p>	<p>Keeping personal information safe Regulations and choices Drug use and the law Drug use and the media</p>	<p>online, images, appropriate, text, share, restrictions, laws, drugs, organisations, media</p>