

Inspire to Aspire

Nightingale Primary School

RSE Progression of Knowledge and Skills

Nightingale Primary School

EYFS

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
<p>RSE: Know how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Health: Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p>	<p>RSE: The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p>	<p>Health: Understand the characteristics and mental and physical benefits of an active lifestyle.</p>	<p>RSE: Know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>Health: Understand what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage.</p> <p>Know how to make a clear and efficient call to</p>	<p>RSE: Understand how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p>	<p>RSE: Know how to report concerns or abuse, and the vocabulary and confidence needed to do.</p> <p>Health: Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on <i>their own and others' mental and physical wellbeing.</i> so.</p>

			emergency services if necessary		
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Year 1

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
<p>RSE: Know the importance of self-respect and how this links to own happiness.</p> <p>Health: Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p>	<p>RSE: Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p>	<p>Health: Understand why social media, some computer games and online gaming, for example, are age restricted.</p>	<p>RSE: Understand what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>Health: Know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p> <p>Understand the principles of planning and preparing a range of healthy meals.</p> <p>Understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect</p>	<p>RSE: Know that people sometimes behave differently online, including by pretending to be someone they are.</p> <p>Health: Understand the risks associated with an inactive lifestyle (including obesity). not.</p>	<p>RSE: Understand that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p>

			<p>weight, mood and ability to learn.</p> <p>Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p>		
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Year 2

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
<p>RSE: Know the conventions of courtesy and manners.</p> <p>Health: Understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p>	<p>Celebrating Difference</p>	<p>Health: Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</p>	<p>RSE: Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>Health: Understand the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p>	<p>RSE: Understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>	<p>RSE: Know how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p>

Year 3

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
<p>RSE: Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Health: Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p>	<p>Celebrating Difference</p>	<p>Health: Know how and when to seek support including which adults to speak to in school if they are worried about their health.</p>	<p>RSE: Understand the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>Health: Know where and how to report concerns and get support with issues online.</p>	<p>RSE: Understand that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>	<p>Health: Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p>

Year 4

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
<p>RSE: Know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>Health: Understand that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>	<p>Health: Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p>	<p>Health: Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</p>	<p>RSE: Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>Health: Understand that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p>	<p>RSE: Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. (LGBT parents, single parent families, families headed by grandparents, adoptive parents, foster parents/carers)</p>	<p>Through the Forest Changing Me</p>

Year 5

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
<p>RSE: Understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>Health: That it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p>	<p>Health: Understand the facts and science relating to allergies, immunisation and vaccination.</p>	<p>Nelson Mandela Dreams and Goals</p>	<p>Health: Understand concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>	<p>RSE: Know that the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p>	<p>Health: Know about menstrual wellbeing including the key facts about the menstrual cycle.</p>

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Year 6

Being Me In My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
RSE: Understand that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Health: know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Health: Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	Health: Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	RSE: Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. (LGBT parents, single parent families, families headed by grandparents, adoptive parents, foster parents/carers)	Health: Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

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