

Personal, Social and Emotional (EYFS)

RSE (KS1/KS2)

Progression Map

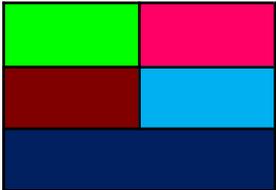
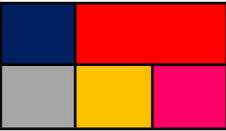
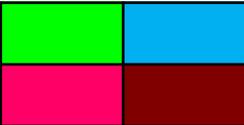
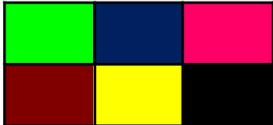


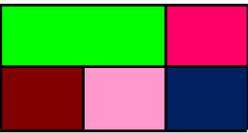
National curriculum strands.

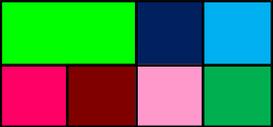
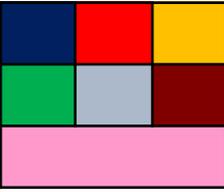
Mental wellbeing	Blue
Internet safety and harms	Green
Physical health and fitness	Red
Healthy eating	Yellow
Drugs, alcohol and tobacco	Purple
Health and prevention	Grey
Basic first aid	Black
Changing adolescent bodies	Yellow
Families and people who care for me	Bright Green
Caring friendships	Cyan
Respectful relationships	Pink
Online relationships	Light Purple
Being Safe	Dark Red

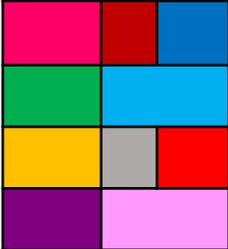
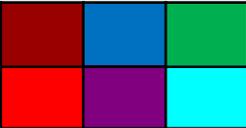
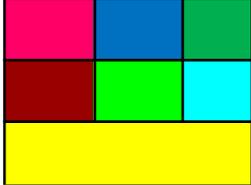
Long term planning.

	Autumn 1. Being me in my world.	Autumn 2. Celebrating differences	Spring 1 Dreams and goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing me
EYFS	<ul style="list-style-type: none"> -Self-identity -Understanding feelings -Being in a classroom -Being gentle -Rights and responsibilities 	<ul style="list-style-type: none"> -Identifying talents -Being special -Families -Where we live -Making friends -Standing up for yourself 	<ul style="list-style-type: none"> -Challenges -Perseverance -Goal-setting -Overcoming obstacles -Seeking help -Jobs -Achieving goals 	<ul style="list-style-type: none"> -Exercising bodies -Physical activity - Healthy food - Sleep -Keeping clean -Safety 	<ul style="list-style-type: none"> -Family life - Friendships -Breaking friendships - Falling out -Dealing with bullying -Being a good friend 	<ul style="list-style-type: none"> -Bodies -Respecting my body -Growing up -Growth and change -Fun and fears -Celebrations

<p>Y1</p>	<ul style="list-style-type: none"> -Feeling safe and special -Being part of a class -Rights and responsibilities -Rewards, feeling proud and consequences. 	<ul style="list-style-type: none"> -Similarities and differences - Understanding bullying and knowing how to deal with it - Making new friends - Celebrating the differences in everyone 	<ul style="list-style-type: none"> -Setting goals - Identifying successes and achievements - Learning styles - Working well and celebrating achievement with a partner -Tackling new challenges Identifying and overcoming obstacles -Feelings of success 	<ul style="list-style-type: none"> -Keeping myself healthy -Healthier lifestyle choices -Keeping clean - Being safe -Medicine safety /safety with household items - Road safety -Linking health and happiness 	<ul style="list-style-type: none"> -Belonging to a family -Making friends/being a good friend -Physical contact preferences -People who help us -Qualities as a friend and person -Self-acknowledgement -Being a good friend to myself -Celebrating special relationships 	<ul style="list-style-type: none"> Life cycles – animal and human -Changes in me -Changes since being a baby -Differences between female and male bodies (correct terminology) -Linking growing and learning -Coping with change -Transition 
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<p>Y2</p>	<ul style="list-style-type: none"> -Hopes and fears for the year -Rights and responsibilities -Rewards and consequences -Safe and fair learning environment -Valuing contributions -Choices -Recognising feelings 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends -Gender diversity -Celebrating difference and remaining friends 	<ul style="list-style-type: none"> Achieving realistic goals -Perseverance -Learning strengths -Learning with others -Group co-operation -Contributing to and sharing success 	<ul style="list-style-type: none"> Motivation -Healthier choices -Relaxation -Healthy eating and nutrition -Healthier snacks and sharing food 	<ul style="list-style-type: none"> Different types of family -Physical contact boundaries -Friendship and conflict -Secrets -Trust and appreciation -Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature -Growing from young to old -Increasing independence -Differences in female and male bodies (correct terminology) -Assertiveness -Preparing for transition 
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<p>Y3</p>	<ul style="list-style-type: none"> -Setting personal goals -Self-identity and worth -Positivity in challenges -Rules, rights and responsibilities -Rewards and consequences - Responsible choices -Seeing things from others' perspectives 	<p>Families and their differences</p> <ul style="list-style-type: none"> -Family conflict and how to manage it (child-centred) -Witnessing bullying and how to solve it -Recognising how words can be hurtful -Giving and receiving compliments 	<p>Difficult challenges and achieving success</p> <ul style="list-style-type: none"> -Dreams and ambitions -New challenges - Motivation and enthusiasm -Recognising and trying to overcome obstacles -Evaluating learning processes -Managing feelings -Simple budgeting 	<p>Exercise</p> <ul style="list-style-type: none"> -Fitness challenges -Food labelling and healthy swaps -Attitudes towards drugs -Keeping safe and why it's important online and off line scenarios -Respect for myself and others -Healthy and safe choices 	<p>Family roles and responsibilities</p> <ul style="list-style-type: none"> -Friendship and negotiation -Keeping safe online and who to go to for help -Being a global citizen -Being aware of how my choices affect others -Awareness of how other children have different lives -Expressing appreciation for family and friends 	<p>How babies grow</p> <ul style="list-style-type: none"> -Understanding a baby's needs -Outside body changes -Inside body changes -Family stereotypes - Challenging my ideas -Preparing for transition 
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<p>Y4</p>	<ul style="list-style-type: none"> -Being part of a class team -Being a school citizen -Rights, responsibilities and democracy (school council) -Rewards and consequences -Group decision-making -Having a voice -What motivates behaviour 	<p>Challenging assumptions</p> <ul style="list-style-type: none"> -Judging by appearance - Accepting self and others -Understanding influences - Understanding bullying - Problem-solving -Identifying how special and unique everyone is -First impressions 	<p>Hopes and dreams</p> <ul style="list-style-type: none"> -Overcoming disappointment -Creating new, realistic dreams -Achieving goals -Working in a group -Celebrating contributions -Resilience -Positive attitudes 	<p>Healthier friendships</p> <ul style="list-style-type: none"> -Group dynamics - Smoking -Alcohol -Assertiveness -Peer pressure -Celebrating inner strength 	<p>-Jealousy</p> <ul style="list-style-type: none"> -Love and loss - Memories of loved ones -Getting on and Falling Out -Girlfriends and boyfriends -Showing appreciation to people and animals 	<ul style="list-style-type: none"> -Being unique -Having a baby -Girls and puberty -Confidence in change -Accepting change -Preparing for transition -Environmental change 
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