

St Margaret's CE Primary School RSHE Skills Progression and Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Group	Healthy and happy friendships	Our similarities and differences	Caring and responsibility	Families and committed relationships	Healthy body, healthy mind	Coping with change
R	Forming new friendships and thinking about how to be a good friend (see development matters)	Thinking carefully about celebrations that are important to different families (see development matters)	How to keep safe, clean and healthy and who helps us to stay safe (see development matters)	Children to learn about their own families and to recognize similarities and differences to that of their friends (see development matters)	Learn about exercise and sport and learning to play as a team (see development matters)	Reflecting on the year, sharing favourite and special times. Sharing work and pictures to recognize what has changed since they started school.
1	Forming friendships and how kind or unkind behaviours impact others	Similarities and differences between people and how to respect and celebrate these	Identify who our special people are and how they keep us safe	What a family is (including difference and diversity between families), and why families are important and special	Our bodies and the amazing things they can do. Learning the correct names for different parts of the body.	Growing from young to old and how we have changed since we were born.
2	Understand what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations	Exploring different strengths and abilities. Understanding and challenging stereotypes	The different communities and groups we belong to and how we help and support one another within these.	The different people in our families and how families vary.	Ways to stay healthy including safe and unsafe use of household products and medicines	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting
3	Being a good friend and respecting personal space. Strategies for resilience	Respecting a valuing differences. Shared values of community	Our responsibilities and ways we can care for and show respect for others.	Different types of committed relationships and the basic characteristics of these	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean	Coping with feelings around the changes in our lives
4	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries	Identity and diversity. Seeing different perspectives and not making judgements based on appearance	Rights and responsibilities within families and wider society, including UN Convention on the Rights of the Child	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices	How our bodies change as we enter puberty including hygiene needs and menstruation
5	Identity and peer pressure off and online. Positive emotional health and wellbeing	Celebrating strengths, setting goals and keeping ourselves safe online	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community	The characteristics of healthy, positive and committed relationships and how these develop as people grow older	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change
6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions	Identity and behaviour online and offline. Reflecting how people feel when they don't fit in.	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school	Human reproduction, including different ways to start a family	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health	Ways to manage the increasing responsibilities and emotional effects of life changes

