



Whitestone Infant School
Progression of skills in Relationship and Health Education



Area of study	Reception PSED	Year 1	Year 2
Relationships Family	Seek out adults and children to share experiences and play with. Range 5 Form positive attachments to adults and peers. ELG Talk about my family and community, (who is in my family.) Talk about what I do with my family. To recognise if family relationships are making them feel unhappy or unsafe and how to seek help and advice.	Talk how people in my family are special to me. (How do they show they care?) Know that families have similarities and differences, they do not all look the same but they should all show love and care. How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help and advice.	Talk about my family and how we spend time together. Interests Talk about roles in families and in the wider community. (Gender roles/discuss what do you want to be when you grow up?) Understand that families have difference, similarities and know how to talk about these respectfully. How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help and advice.
Relationships Caring Friendships Respectful relationships Being safe	Develops particular friendships. Cooperates and understands the needs, wants and behaviours of others. Range 6 Understands how to work and play cooperatively and take turns and solve conflicts peaceably. ELG Able to wait for what they want and give focused attention to what the teacher says. ELG	Recognise some of the characteristics of a good friend. Including caring, forgiving, kind, and sharing interests. Know how to seek help or advice if a friendship is causing them to be unhappy or uncomfortable. To know what bullying is. Know that it is important to respect other people's thoughts, choices or beliefs. Talk about respect and self-respect. To know that their body their body belongs	Recognise characteristics of a good friend. Including mutual respect, caring, forgiving, kind, and sharing interests. Know that a healthy relationship is positive and welcoming and does not make others feel lonely or excluded. Know how to manage arguments and what bullying is, to know how to seek help or advice. Understand what manners are and when to use them.

	Know how to make positive attachments to adults and friendships with peers. ELG Understand what respect is, school values. Understand self-respect, that their body is private to them and appropriate physical contact.	to them and how to recognise and report unsafe feelings.	Understand that it is important to respect others even when they are different in character, personality or background. Talk about self-respect and know that their body is private and how to recognise and report feeling unsafe.
Mental wellbeing Sense of self	Be sensitive to their own and other's needs. ELG Express a wide range of feelings. R5 Recognise and talk about the feelings of others and offer empathy and comfort. R6 Know and be able to talk about how their actions affect others, attempt to repair a relationship. R6 Talk about what they enjoy doing what makes them feel happy. Has a clear idea what they want to do. R6 Confident to talk about needs, wants, interests and opinions to a familiar group. R6 To understand how to persevere in the face of a challenge. ELG Know the reason for rules, know right from wrong and try and behave accordingly. ELG	Know how to express a wide range of emotions and do it in an appropriate way. Understand how we can lift our mood, how we can enjoy being outside, being with our friends and family, doing things we enjoy. (what are their interests?) Know who they can talk to (network hand) about their feelings. Know what can be done when we are stuck or do not understand how to do something. Begin to talk about resilience.	Recognise and talk about their emotions. (network hand) Understand there are appropriate ways to deal with them. Know what they enjoy doing, interests and hobbies. Understand that things are good for our body and mind, being outside, exercising, playing games with family and friends following hobbies and interests. Know who they can talk to about their feelings, worries or how they control their emotions. Know what can be done when we are stuck or do not understand how to do something. Talk about resilience and how we can show this. What do we do to help ourselves?

Internet safety and harms See ICT	Understand that there is a safe way to use the internet.	Know how to use the internet safely, to know how to keep information private. Know who to talk to if worried about something on the internet.	Know how to use the internet safely. Know not share private information. Know how to use appropriate language and be respectful to others. Know who to talk to if worried about the internet.
Physical Health and Fitness	Know how to stay clean, bodies, faces, hands and teeth. ELG Know how to go to the toilet and get dressed. ELG Know the importance of exercise/play. Know how to be safe in the sun. Know how to be safe near a road, water etc Know that sleep is important. Know how to get help, seek adults for support with wants and needs. R 6	Know how to look after our teeth, bodies, exercise/play, healthy practises, sleep etc Know how to stay safe near the road, water, in the sun etc. Know what medicine is. Understand who help us stay healthy and safe, dentist, doctor, optician, police, fire services etc Know how to get help. To know how to make a clear and effective emergency call.	Understand how to keep our bodies healthy and safe. Exercise/play, sun safety, sleep etc Know who can look after ourselves, and others. Safe choices and decisions. Understand, road safety/ bicycle, water safety, being safe by train tracks etc Know what medicine is and how to use it safely. Know what to do to get help. To know how to make a clear and effective emergency call.
Healthy eating Drugs, alcohol and tobacco	Understand some foods are good for our bodies and it is important to make healthy food choices. Understand the need to drink/ water. Know what a healthy snack is. ELG Know there are things we should not eat/drink.	Know what healthy food/ diet looks like. Know that drinking water is good for our bodies. Know what a healthy lunch is. Know there are things we should not eat/drink.	Know what a healthy diet is and that my body needs water. Know what a healthy dinner is. Understand why we need to eat a healthy diet. Know there are things we should not eat/drink.

Key Vocabulary	Family, relationships, kind, happy/unhappy, safe/unsafe Cooperation, respect, values, resilience, care, persevere, internet safety, Sun-safety, water-safety, road safety, healthy food, Nurse, doctor, dentist Trusted adult	As reception and Similarities and differences, help, advice, Caring, forgiving, choice, belief, bullying, respect/self-respect, Body parts as set out in protective behaviours/science. Feelings, express, network hand, private parts, private information, Medicine, optician, emergency	As reception year one and Interests, hobbies, Jobs, roles and gender, Mutual respect, healthy interests, Loneliness, Arguments, manners, Choice/decisions, safety/road/water/bicycle, train Healthy diet, unhealthy
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