



Rawmarsh Ryecroft Infants School – Curriculum Progression Map

RHE/ PSHE	<u>Values and Vision</u> “Secure, Happy and Successful” Resilience - I always keep going Respect - I value everybody and everything Care - I look after my world and the people in it. Achievement - I try to be the best I can be Community - I am proud of where I belong		
<u>Intent</u> At Ryecroft Infant School children will be taught a high-quality Relationships and Health Education and PSHE education that equips them in skills to be able to embrace the challenges of creating a happy and successful adult life, making informed decisions about their wellbeing, health and relationships and to build their self-efficacy. We will build on children's knowledge and skills to help make decisions when facing risks, challenges and complex contexts. PSHE and Relationships and Health Education also ensures children develop resilience, to know how and when to ask for help, and where they can access support.	<u>Implementation</u> At Ryecroft Infant School, Relationships and Health Education is firmly embedded into the PSHE framework. It is taught at an age-appropriate and developmentally appropriate level, sensitively and inclusively with respect to the backgrounds and beliefs of all. The curriculum for Relationships Education is as set out in the National Curriculum and EYFS Documentation with the focus of 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. Relationships Education will help develop children's knowledge of positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child will be taught about how to treat each other with kindness, consideration and respect.	<u>Impact</u> Children will have developed their personal, social and health knowledge and skills to help them develop positive relationships and contribute to their own personal attributes. Children's knowledge and skills will develop progressively as they move through the school, not only to enable them to meet the requirements of the National Curriculum but to enable them to form a strong early understanding of the features of relationships that are likely to lead to happiness and security in the next phase of their education.	

Objectives and Vocabulary

	FS2	Year 1	Year 2
Objectives	<u>ELG</u> ELG - P, S & E Development SR To show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. SR Being able to wait for what they want and control their immediate impulses when appropriate. SR Give focused attention to what the teacher says, responding appropriately even when engaged in activity. MS To explain the reason for rules, know right from wrong and try to behave accordingly. MS Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. BR Form positive attachments to adults and friendships with peers. BR Show sensitivity to their own and to others' needs. <u>ELG - C & L Development</u> L, A & U Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions. L, A & U Make comments about what they have heard and ask questions to clarify their understanding.	<u>National Curriculum</u> Relationships To understand that families are important for children growing up for love, security and stability. To understand the characteristics of healthy family life. To understand that others' families both in school and in the wider world sometimes look different from their family and show respect for those differences. To understand that stable, caring relationships, which may be of different types are important for children's security. To understand how to recognise if family relationships are making them feel unhappy or unsafe and how to ask for help. To understand how important friendships are in making us feel happy and secure. To understand the characteristics of friendships, including mutual respect, trust and kindness. To understand that healthy friendships are positive and welcoming towards others. To understand how to trust and who not to trust. To understand the importance of respecting others, even when they are different from them, or have different preferences and beliefs. To understand the importance of self-respect and how it links to happiness. To understand the different types of bullying. To understand what a stereotype is and how they can be unfair and negative. To understand that people sometimes behave differently online. To understand how information and data is shared and used online. To understand what boundaries are appropriate in friendships with peers. Physical Health and Wellbeing To understand how to recognise and talk about their emotions. To understand the benefits and risks of spending time online.	<u>National Curriculum</u> Relationships To know that families are important for children growing up. To understand that others' families both in school and in the wider world, sometimes look different from their family but that they should respect those differences. To know how important friendships are in making us feel happy and secure, and how people choose and make friends. To understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and support with problems and difficulties. To know that healthy friendships are positive and welcoming towards others and not make people feel lonely or excluded. To know how to recognise who to trust and judge when a friendship is making them uncomfortable. To know how to manage conflict and where to seek help from if needed. To understand the importance of respecting others, particularly those with different preferences or beliefs. To understand the importance of self-respect and how this links to happiness. To know about different types of bullying, including cyberbullying and to understand the impact of bullying, responsibilities of bystanders and how to get help. To understand what a stereotype is and how these can be unfair. To know the rules and principles for keeping safe online, recognise risks and harmful content and how to report them. To know about the concept of privacy and the implications of it for both children and adults. To know that it is not safe to keep secrets if they relate to being safe. To understand that each person's body belongs to them and the differences between appropriate and inappropriate or unsafe contact. Physical Health and Well-Being To understand that there is a normal range of emotions and a scale

		To understand the importance of leading a healthy and active lifestyle which includes an awareness of what is included in a healthy diet. To understand the facts about legal and illegal harmful substances and risks. To understand health and prevention which includes exposure to sun, quality sleep and good hygiene. To understand how to make a clear and efficient call to emergency services. To understand the basic concepts of first aid.	of emotions that all humans feel and the importance of talking about emotions. To understand that isolation and loneliness can affect children and how to ask for help. To know that bullying can have a lasting impact on mental wellbeing. To understand the benefits of rationing time spent online and understand the risks of excessive time spent on electronic devices. To understand the impact of positive and negative content online and how this links to mental wellbeing. To know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place. To know where and how to report concerns and get support with issues online. To understand the importance of building regular exercise into daily and weekly routines and how to achieve this. To understand what constitutes a healthy diet. To understand the characteristics of a poor diet and risks associated with unhealthy eating. To understand the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drugtaking. To understand the importance of sufficient, good quality sleep and know that a lack of sleep can affect weight, mood and ability to learn. To know about dental health and the benefits of good oral hygiene, including regular check-ups at the dentist. To understand personal hygiene and germs, including bacteria and viruses and how they can spread and treated, and the importance of handwashing. To know how to contact emergency services. To understand basic first aid, for example, dealing with common injuries, including head injuries.
Vocabulary	Happy Sad Angry Scared Kind Sharing Helpful Listen Friend Special	Worried Angry Scared Nervous Patient Friend Special Different Feelings Relaxed	Patient Friend Special Different Feelings Relaxed Jealousy Equality Respect Private

	Different Feelings Healthy Safe	Families Friends Respect Trust Rules Proud goals	Appropriate Inappropriate Healthy Diet
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As citizens we need to be able to

	FS2	Year 1	Year 2
The Caring School and Feelings, friends and friendships	I can listen to other children's ideas. I can show sensitivity to others' needs and feelings. I can express my own feelings. I can show resilience and perseverance in the face of a challenge. I can talk about my ideas and will choose the resources I need for my chosen activities. I can work as part of a group or class. I can understand and follow the rules. I can adjust my behaviour to different situations and take changes of routine in my stride.	Caring Friendships I can show some understanding of the importance of friendships and be aware of some of the characteristics, i.e mutual respect. I can recognise people who I can trust and who I can and cannot trust. Respectful Relationships I can show some awareness of respecting myself and others and how it links to happiness. I can show some awareness of different types of bullying.	Caring Friendships I can show understanding of the importance of friendships and what the characteristics of a friendship are, i.e. mutual respect, loyalty and kindness etc. I can show that healthy relationships are positive. I understand the conventions of courtesy and manners. I can recognise people who I can trust and who I can and cannot trust. Respectful Relationships I can show awareness of self-respect and respect others in school and the wider community and how it links to happiness. I can show awareness of different types of bullying.
Focus on special people and Anti-Bullying	I see myself as a valuable individual. I can say who is in my family. I am beginning to recognise families may be different to my own.	Families I can show some understanding of the importance of families and how to have a healthy family life, i.e commitment, protection and care. I can recognize, understand and respect that other families in school or the wider world sometimes look different from my own. I can show some understanding that different relationships are important for my safety.	Families I can understand the importance of families and the characteristics of a healthy family life for growing up through love, security and stability. I recognise and respect that other families in school or the wider world sometimes look different from my own. I can show understanding that different relationships are important for my safety.

Healthy eating and hygiene	I can manage my own personal and hygienic needs. I can identify some healthy foods	Physical Health, Fitness and Healthy Eating I can identify what is included in a healthy diet. I can show some awareness of planning healthy meals and understand what a poor diet includes.	Healthy Eating I can identify what is included in a healthy diet. I can show some awareness of planning healthy meals and what a poor diet consists of.
Physical health and wellbeing	I know the importance of having good health I am beginning to show some awareness of physical health and mental wellbeing. I am beginning to show awareness of the emotions, happy, sad and angry.	Physical Health, Fitness and Healthy Eating I can identify some characteristics of mental and physical benefits of an active lifestyle. I can show some understanding of building regular exercise into daily routines and the risks of not undertaking exercise. Mental Wellbeing I understand that mental wellbeing is a normal part of daily life. I understand that there are different emotions and that I can talk about them (e.g. happiness, sadness, anger and fear etc.). I understand that bullying can have a negative impact on others.	Physical Health and Fitness I can identify characteristics of mental and physical benefits of an active lifestyle. I can show some understanding and be aware of the risks not undertaking exercise. Mental Wellbeing I understand that mental wellbeing is a normal part of daily life. I understand that there are a range of emotions that we experience in different situations and begin to talk about them (e.g happiness, sadness, anger and fear etc). I can begin to understand the benefits of physical exercise. I can take into account simple self-care techniques, including rest, time spent time with friends and family, and the benefits of hobbies and interests. I can show awareness of loneliness and the impact it can have on others. I understand that bullying can have a negative impact on children's wellbeing. I can show some understanding of building regular exercise into daily routines.
Growing and changing	I can form positive relationships with adults and other children. I am beginning to show some awareness of appropriate behaviour with my friends and adults.	Being Safe I can show some awareness of boundaries which are appropriate for friendships. I can show some understanding of how to respond safely and appropriately to adults.	Being Safe I can show awareness of boundaries which are appropriate in friendships with peers and others. I can show understanding of how to respond safely and appropriately to adults whom I do not know. I can recognise and report feelings of being unsafe. I show understanding of how to ask for advice or help for themselves or other children.

Keeping myself safe	I can show awareness of the internet. I am beginning to understand how some online games, videos and social media should be checked by my grown up.	Online Relationships and Internet Safety I show some awareness of how to keep safe online and recognise risks and harmful content. I understand that the internet is part of life. I understand that social media, some computer games and online games are age restricted. I can show some understanding that the internet can be a negative place. Health and Prevention I can begin to show some understanding of recognizing some signs of physical illness. I can show some awareness of safe and unsafe exposure to the sun. I show understanding of the importance of sleep and the benefits it has on good health. I show awareness of personal hygiene and germs including bacteria Basic First Aid I understand how to make a clear and efficient call to emergency services.	Online Relationships I show some awareness of rules for keeping safe online and recognise risks and harmful content. I understand that people sometimes behave differently online. Internet Safety and Harm I understand that the internet is part of life and has many benefits. I understand that social media, some computer games and online games are age restricted. I can show understanding that the internet can be a negative place. Health and Prevention I can begin to show some understanding of recognising some signs of physical illness. I can show some awareness of safe and unsafe exposure to the sun. I show understanding of the importance of sleep and the benefits it has on good health. I show awareness of personal hygiene and germs including bacteria. Basic First Aid I understand how to make a clear and efficient call to emergency services.
The world of drugs	I can say what medicines are used for. I can show I understand adults are responsible for medicines and helping me to stay safe.	Drugs, Alcohol and Tobacco I can show some awareness of legal and illegal harmful substances and risks.	Drugs, Alcohol and Tobacco I can show some awareness of legal and illegal harmful substances and risks.

As citizens we need to know ...

I know how to describe the way I feel in different situations.

I know the school rules and can talk about them.

I know what makes me special.

I know how I am different to others.

I know how to be friendly towards others.

I know different ways to keep fit and healthy.

I know how to calm myself down when I am feeling angry or upset.

I know how to manage my own personal and hygienic needs.

I know what healthy food is.

I know that it is important to have rules.

I know that it is important to be honest.

I know how to solve problems.

I know how to make friends

I know how to use my imagination.

I know that we are all different

I know that it is important to be kind to each other and not call each other names.

I know how I can be a good listener.

I know how I can rebuild a relationship.

I know the importance of saying sorry.

I know how to resolve conflict.

I know how to manage my feelings.

I know my strengths as a learner and can share them.

I know how to resist distractions.

I know what my goals are and how they could be achieved.

I know what being relaxed means.

I know what being impulsive means.

I know who the special people are in my life.

I know how to deal with jealousy

I know that families should make each other feel loved and protected.

I know that families are made up in different ways that might be different from my own.

I know that it is important to respect people's differences and treat people equally.

I know what and how to make a good friend.

I know how to use my manners and be polite.

I know that it is important to respect myself, my friends, family and others.

I know what bullying behaviour looks like and how to respond if I see or experience it.

I know how to keep myself protected online and not to share personal information.

I know to tell an adult if something appears on my screen that I am not familiar with and are unsuitable for me.

I know what appropriate behaviour is when playing with my friends.

I know what to do if I feel unsafe.

I know who to speak to if I need advice for myself or someone else.

I know that it is normal to have a mixture of emotions and that I need to talk about how I feel.

I know that exercise keeps me fit and healthy.

I know that it is important to get enough sleep so I feel happy and energised.

I know to speak to a grown up if I am feeling sad or lonely.

I know why bullying behaviour is damaging to myself and others.

I know that I can use the internet to help me.

I know that some people don't use the internet in a positive way.

I know how and why I need to stay active for my health and mental wellbeing and the risks in having an inactive lifestyle.

I know what and how a balanced diet is and can identify foods from different nutritional groups.

I know that drugs, alcohol and tobacco are addictive substances and can be damaging to peoples' health.

			I know how and why it is important to wear sunscreen and a sunhat when I am exposed to the sun. I know that it is important to get enough sleep so that I can start every day feeling my best. I know how to keep myself clean, e.g. bathing, cleaning my teeth properly and washing my hands. I know how to dial 999 and what to say if I ever need to contact emergency services.
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