

St James' Catholic Primary School

SRE and PSHE Education Progression

Whole school





RSE and PSHE Education – Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us? <i>Journey in Love – We meet God's love in our family</i>	Who is special to us? <i>Journey in Love – We meet God's love in our family</i>	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the wider world?
Year 2	What makes a good friend?	What is bullying?	What makes a community? <i>Journey in Love – We meet God's love in our community</i>	What helps us to stay safe? <i>Journey in Love – We meet God's love in our community</i>	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend? <i>Journey in love – How we live in love</i>	What keeps us safe? <i>Journey in love – How we live in love</i>	What jobs do people do?	What are families like?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have? Why is it good to be different? <i>Journey in love – God Loves us in our differences</i>	How do we treat each other with respect? <i>Journey in love – God Loves us in our differences</i>	How can we manage our feelings?	How can we help in an accident or emergency?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How will we grow and change? <i>God loves us in our changing and developing</i>	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow? <i>Journey in love – The wonder of God's love in creating new life</i>		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

Health and well-being

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Children should begin to explore and discuss their own and other's feelings on a daily basis and should use a range of resources to share and communicate how they are feeling.</p> <p>Build resilience from an early age through problem solving and risk taking through structured activities whereby they can make decision and learn by their mistakes.</p> <p>Know the difference between good and bad choices and the consequences of these.</p> <p>To become familiar with the school rules.</p> <p>Children's unique talents and qualities are celebrated and recognised with awards and Dojo points regularly building a strong sense of self-worth from the onset.</p> <p>Drink water after exercise and know that water is good for our bodies.</p> <p>Talk about healthy and unhealthy food choices.</p>	<p>Who helps us to keep safe?</p> <p>People in the community help us to keep safe. How to ask for help. Responding to adults who they do not know – in person and online. How to dial 999.</p> <p>What helps us to stay healthy?</p> <p>The importance of looking after their body. What healthy means. Who helps them to stay healthy? Medicines (including vaccines) – how these can be helpful and dangerous. Hygiene and bacteria. Self-care.</p>	<p>What helps us to stay safe?</p> <p>Know the importance of rules. Know and follow the school rules. Know how rules and restrictions keep them safe. Know about rules set by the government during the corona virus outbreak and the impact of these. Importance of a cycling helmet and a seat belt. Safe and unsafe secrets What to do if they feel they are being pressured to do something. Not everything they see online is true. Who to tell if they feel something is unsafe.</p> <p>Who helps us grow and stay healthy?</p> <p>What helps them to be healthy – including food and drink, physical activity, sleep and rest. The results of too much sugar – including dental health. Know the importance of being physically healthy. Know how much rest and sleep they should get every day. Know the importance of limiting screen time. Know how sunshine is good for us. Know how to be safe in the sun.</p> <p>How do we recognise our feelings?</p> <p>Know that how you feel on the inside is just as important of how you are feeling on the out. Recognise a range of feelings and emotions</p>	<p>Why should we keep active and sleep well?</p> <p>Know that regular physical activity helps mental and physical health. Know different ways to be active. Know how a lack of physical activity can affect their health and wellbeing. Know that lack of sleep can affect their body and mood. Know that a good routine can help with sleep. Know who to speak to if they are struggling with sleep and rest.</p> <p>Why should we eat well and look after our teeth?</p> <p>Recognise the benefits of nutritionally rich foods. Choose to include a range of healthy foods in their diet Know that the media can influence what people eat and drink Know how to maintain good oral hygiene Know the impact of too much sugar and acidic drinks on their teeth. Know who to ask for help regarding healthy eating and dental care.</p>	<p>What strengths, skills and interests do we have?</p> <p>Know that God blessed them all with individual skills and talents. Know how to recognise personal qualities and attributes and celebrate these. Know the importance of self-worth and self-respect. Know what it means to have good self-esteem. Know and understand what it means to have resilience and perseverance. Know how to manage setbacks.</p> <p>How can we manage our feelings?</p> <p>Understand that feeling can change over time and have different levels of intensity. Know that anger is a secondary feeling and another feel has led to this. Develop strategies to deal with anger. Know how to manage feelings related to loss, grief and change. Know that loneliness is a feeling that makes you feel isolated and what to do about this. Know that reflection and prayer can help in controlling their feelings.</p> <p>How can we help in an accident and emergency?</p> <p>Know how to carry out basic first aid. Know that If someone has experienced a head injury that they should not be moved. Know when they should deliver first aid and the importance of seeking adult help.</p>	<p>What makes up a person's identity?</p> <p>Recognise similarities and differences between people and know what they have in common with others. Know that their identity is much more than what they look like. Know that ethnicity, family, faith, culture, gender, hobbies, likes and dislikes are all factors that that contribute to a person's identity. Know that gender identity is part of a person's personal identity and for some people their gender identity does not correspond with their biological sex. Understand the term stereotype. Know that stereotypes are not always accurate and can negatively influence behaviours and attitudes towards others. Know how to assertively challenge stereotypes and assumptions about others.</p> <p>How will we grow and change?</p> <p>Know that their bodies change during puberty – usually between the ages of 8-15. Know about menstruation and menstrual well-being. Know about erections and wet dreams. Know that puberty is perfectly normal. Know how puberty can affect emotions and how to handle these. Know that hygiene routines may have to change during puberty. Know how to talk to if they are worried about puberty.</p> <p>How can drugs common to everyday life affect health?</p> <p>Know how drugs common to everyday life can affect health</p>	<p>How can we keep healthy as we grow?</p> <p>Know how physical and mental health are linked. Know how positive friendships support well-being. Know how to lead a healthy and happy lifestyle. Understand that habits can be both healthy and unhealthy. How legal and illegal drugs affect people and how to deal manage situations involving them. How to recognise signs of poor physical or mental health and where and how to get support. Know that health problems can build up if help is not sought early. Know that anyone can suffer with mental health problems. Know that FGM is illegal and against human rights. Know the dangers of carrying a knife and the dangers this could have on themselves and others. Know how to seek support if they feel they are being peer pressured.</p>



		<p>Know what helps them to feel better.</p> <p>Know different experiences can result in different feelings.</p> <p>Know ways to manage feelings and the importance of sharing their feelings</p> <p>Know when they might need help with feelings.</p>		<p>Know when it is appropriate to attend accident and emergency and when it is appropriate to call an ambulance.</p> <p>How can we manage risk in different places?</p> <p>Know how to assess and manage risk.</p> <p>Know how to stay safe in the local community and beyond.</p> <p>Know how to deal with peer pressure.</p> <p>Know how to keep safe online – know how report anything that they feel is inappropriate.</p> <p>Know that rules, restrictions and laws exist to keep people safe. Know how to respond if they become aware of something that is against the law.</p>	<p>and well-being.</p> <p>Know that drugs can be legal and illegal.</p> <p>Know that there are laws surrounding the use of drugs to protect people.</p> <p>Know that drugs are addictive and for some users they become a habit which is difficult to break.</p> <p>Know that their organisations that help people who are addicted to drugs.</p> <p>Know who to talk to if they have concerns about drugs.</p>	
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Relationships

<p>Know that children who they have shared interests with can often become friends.</p> <p>Know similarities and differences between themselves and their peers and celebrate these.</p> <p>Know that they belong to a family.</p> <p>The foundations of cultural diversity and equality should be promoted through a range multicultural texts.</p> <p>Create and environment whereby children can ask questions and be curious about different ethnicities, cultures and races. Use pictures, toys and photographs of people from a range of different backgrounds in activities and continuous provision.</p> <p>Explore a range of cultures, traditions and celebrations regularly.</p>	<p>What is the same and different about us?</p> <p>Likes and dislikes</p> <p>God given strengths and talents</p> <p>Equality and diversity</p> <p>Names for body parts</p> <p>Life cycles</p> <p>Who is special to us?</p> <p>Family</p> <p>Immediate family</p> <p>School family</p> <p>God's family</p> <p>Family is a safe, secure unit</p> <p>Families can be different</p>	<p>What makes a good friend?</p> <p>Recognise Jesus was a good friend</p> <p>Qualities of a good friend</p> <p>How to make new friends</p> <p>Resolving arguments with friends</p> <p>How to ask for help if they cannot resolve an issue with a friend</p> <p>Know the difference between bullying and falling out</p> <p>What is bullying?</p> <p>Know that bullying is different from falling out</p> <p>Bullying happens repeatedly and can be physical or verbal (can also happen online)</p> <p>Bullying is never acceptable</p> <p>Racism in any form is bullying</p> <p>Know what do if they see bullying</p> <p>Know what to do if they are being bullied</p>	<p>How can we be a good friend?</p> <p>Know that friendship links wo well-being</p> <p>Know what to do if they feel lonely</p> <p>Know how to help if others are feeling lonely</p> <p>Know how to resolve disputes and reconcile differences</p> <p>Know what to do if a friendship feels uncomfortable or unsafe</p> <p>What are families like?</p> <p>Recognise that family structures can be different e.g. same sex families, single parents, step parents, blended families, foster and adoptive families)</p> <p>Families often share positive experiences and these can differ according to beliefs, cultures and own traditions</p> <p>Know that families should care for each other</p> <p>Know how to ask for advice if family life is difficult, making them feel unsafe, or upset.</p>	<p>How do we treat each other with respect?</p> <p>Know how to their actions can affect others.</p> <p>Know that they should treat others in a way in which they would want to be treated.</p> <p>Know the importance of being polite and courteous.</p> <p>Understand the relationship between rights and responsibilities.</p> <p>Recognise the importance of privacy and know when a secret is safe and unsafe.</p> <p>Know that they have rights and that these should be protected.</p> <p>Know that the 'Black Lives Matter' happened because people felt so passionately about ensuring equality in our world.</p> <p>Know that all people should feel, included, respected and that any form of discrimination is unacceptable.</p> <p>Know how to respond if they witness disrespect, exclusion or discrimination.</p> <p>Know how to respond to aggressive or inappropriate behaviour (including online) and unwanted physical contact.</p> <p>Know that being assertive is different being aggressive.</p>	<p>How can friends communicate safely?</p> <p>Know the different types of relationships people have in their lives.</p> <p>Know the different ways that family and friends communicate with each other.</p> <p>Know that the internet and social media can be used positively.</p> <p>Recognise that knowing someone online is very different from knowing them in person.</p> <p>Know how to recognise risks in relations to friendships.</p> <p>Know what is ok to share online and what they would need consent for before they shared.</p> <p>How to respond if a friendship is making them feel worried, unsafe or uncomfortable.</p> <p>How to respond to pressure, inappropriate contact or concerns about personal safety.</p>	<p>What will change as we become more independent? How do friendships change as we grow?</p> <p>Understand that people can have a range of different relationships in their lives including romantic and intimate.</p> <p>Know that people can be attracted o each other and love each other regardless of gender, ethnicity or faith.</p> <p>Know that adults choose to be a part of a committed relationship.</p> <p>How to manage changes such a moving to secondary school.</p> <p>Know about the reproductive organs and process of reproduction.</p> <p>Know that sexual intercourse should only take place between two consenting adults.</p> <p>Know what pregnancy means, how long it lasts and where it occurs.</p> <p>Realise that friendships may change as they grow and how to handle these changes.</p>
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Living in the Wider World

<p>Begin to understand who is part of the local community through: local area walks, visits from the local police and fire brigade and agencies such as local building firms, visits to the local college and library.</p> <p>Partake in fundraisers for causes locally, nationally and internationally e.g. the local foodbank, Children in Need and Comic Relief.</p>	<p>What can we do with money? Money cannot buy love Money is an important part of daily life Types of money Different ways to pay How money is obtained Spending and saving Difference between needs and wants Keeping money safe How can we look after each other and the world? Kind and unkind behavior Equality regardless of race, beliefs or disabilities Black Lives Matter movement Manners and courtesy Turn taking and listening Caring for animals Looking after the local environment How needs change as we grow old – link with care home How to manage change and transition</p>	<p>What makes a community? Know that they belong to different groups and communities Know what is available to them in their local community Know ways in which communities support each other Have the opportunity to speak to volunteers in the local community about the impact of their work Understand what is meant by a diverse community Understand how the ‘Black Lives Matter’ movement is having a positive impact on communities across the country – ensuring all people are given the same opportunities. Know that community is about inclusion and valuing everyone’s contributions Know how treat everyone in their community with respect.</p>	<p>What jobs do people do? Know that there are many different jobs and vocations to choose. Know that for some jobs you have to study for many years while others you don’t Know about the jobs done by people in their community Understand that people strengths and interests enable them to do different jobs Know that to do the job they want they will need to: work hard, have self-belief, show determination and resilience and have faith Know that the internet is a big part of most jobs Know that everyone should have the same opportunities regardless of their beliefs, gender or skin colour</p>	<p>How can our choices make a difference to others and the environment? Know that God created the World and that it is our responsibility to look after it. Know that every day choices and actions can have an effect on where they live. Know that what people spend money on can affect others and the environment. Know the importance of: Fairtrade, reusable plastics and supporting charities. Know ways in which they can support their local community and environment. Hold class debates about topical issues affecting the environment. Know ways in which they can show care to people and animals. Know how to carry out responsibilities in a caring and compassionate way.</p>	<p>What decisions can people make with money? Know that people earn different amounts of money depending on what jobs they do. Know how people can choose to spend or save money and what influences them. Know that when paying online there is a risk of fraud. Know different ways to pay safely online. Know about different payment options and the risks of using too much credit. Know the risks associated with money. Know what makes something value for money. Know that spending too much money can cause debt. What jobs would we like? There are a broad range of jobs and vocations Some jobs are well paid while others are voluntary. Know that different jobs require different qualifications, skills and attributes. Know how people choose a job and what influences them. Know how to challenge stereotypes about the jobs people do. Know that people should never be discriminated against when applying for a job. Have the opportunity to speak to people from a range of different sectors.</p>	<p>How can the media influence people? Understand the word media and recognise a range of media platforms. Know that media can be good and bad. Know that media can have an effect on people’s mental health. Know that not everything should be shared on social media and laws surrounding this. Know that texts and images can be manipulated. To recognise that not everything in the news is reliable. Know what to do about unsafe or suspicious content online. Know how information collected can be then used to influence them. Know how to report something online that is upsetting, frightening or untrue. To recognise the risks involved in online gambling and how people can be pressured into doing this.</p>
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