



Progression in Relationships, Sex and Health Education – The Mill Academy

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Emotions	<p>Talking about Feelings</p> <ul style="list-style-type: none"> - Children talk about how they and others show feelings. - Show sensitivity to others' needs and feelings. - Name some different feelings <p><i>PSED (Managing Feelings and Behaviour Early Learning Goal) Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</i></p>	<p>Overview of: Happy, angry, fear and sad</p> <ul style="list-style-type: none"> - What does each one look like? - Body language. - When might we feel them? - How do we show how we feel? Reactions to feelings - Strategies to help. - What is fair and unfair 	<p>Anger and Surprise</p> <ul style="list-style-type: none"> - Good surprises and bad surprises. - How can I help myself and others when feeling these emotions? - When might I feel anger? - How do I show these emotions? 	<p>Nervousness and Joy</p> <ul style="list-style-type: none"> - How to explain how I feel verbally and non-verbally. - Strategies to help when feeling these emotions. - Know that we feel a range of emotions. 	<p>Jealousy and Fear</p> <ul style="list-style-type: none"> - When might we become jealous? - What is the difference (with examples) of good jealousy and bad jealousy? - When might we feel fear? Strategies to help. 	<p>Grief</p> <ul style="list-style-type: none"> - What is grief? - Know how we will all experience it at some point. - How can we help deal with grief? 	<p>Worry and Anxiousness</p> <ul style="list-style-type: none"> - How to explain how I feel verbally and non-verbally. - Strategies to help when feeling these emotions. - Worries we may have about transition to secondary school. - Negation and compromise
Vocabulary	kind, unkind, happy, sad, angry, scared,	Feelings, behaviour, fair, unfair, right, wrong, solve, argument, similar, reaction	Annoyed, offended, outraged, exasperated, furious, sullen, amazement, astonishment, bewilderment	Agitated, apprehensive, hesitant, amusement, elation,	Envious, intolerant, resentful, sceptical	Anguish, mourning, bereavement, melancholy	Compromise, accommodate, negotiate
Relationships	<p>Making Relationships</p> <ul style="list-style-type: none"> - Children play co-operatively, taking turns with others - Taking into account one another's ideas. - Form positive relationships with adults and other children. - My body is my own - How to seek help and advise 	<p>Friendships and Family</p> <ul style="list-style-type: none"> - How we are all different from one another. - Know and look at how all families look different. - What a good friendship is. - How to make friends. - Secrets - Who to trust - Courtesy and manners 	<p>Relationships and Bullying</p> <ul style="list-style-type: none"> - What is bullying and how do I get help. - How to recognise if family relationships are making them feel unhappy or unsafe. - Falling out with friends. - Know what is safe and unsafe boundaries with my friends – fighting, unkind words and physical contact. - Rules 	<p>Healthy Relationships</p> <ul style="list-style-type: none"> - Healthy family life. - Different caring family relationships. - Characteristics of healthy friendships. - Restoring friendships. - Accepting views of others - Being assertive - Strategies for resilience - Diversity of families - Responding to adults they don't know 	<p>Online Relationships</p> <ul style="list-style-type: none"> - Cyberbullying. - Difference between knowing someone online and face to face. - Risks of online friendships. - How to get help if being bullied or feel unsafe online. - How to seek help and advise - How data is shared and used 	<p>Respectful Relationships</p> <ul style="list-style-type: none"> - Self-respect. - How to manage conflict in friendships. - Different types of relationships. - Being respectful of different relationships. - How to be respectful to a range of people they may encounter. - How to seek help and advise 	<p>Touch and Sex Education</p> <ul style="list-style-type: none"> - Know and understand that each person's body belongs to them. - Differences between appropriate and inappropriate/unsafe physical and other contact. - Reporting feelings of being unsafe/abuse. - Permission seeking - Puberty - Menstrual cycle

	<i>PSED (Making Relationships Early Learning Goal) Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</i>	<ul style="list-style-type: none"> - How to seek help and advise 	<ul style="list-style-type: none"> - Impact of bullying - How to seek help and advise 	<ul style="list-style-type: none"> - How to seek help and advise 		<ul style="list-style-type: none"> - Marriage and civil partnership 	<ul style="list-style-type: none"> - Sex Education Programme. - Human reproduction, including different ways to start a family. * - Starting a family - The impact of having a baby - When is it right? - How to seek help and advise
Vocabulary	Taking turns, ideas, friend	different, hurt, tease, bully, friendship, kind, unkind, secret, rules	Co-operate, resolve, caring, physical contact, acceptable, unacceptable, actions, consequences, boundaries, uncomfortable, worries, personal space, qualities	empathy, viewpoints, healthy relationships, collaborate, respect, restorative, resilience, assertiveness,	Confidentiality, safety, private, personal, communication, permission, cyberbullying	Committed, loving relationships, marriage, civil partnership, forced marriage.	Unhealthy, pressure, appropriate, personal safety, inappropriate, abuse, sexual intercourse, sex, fertile, conception, sperm, egg, foetus, pregnant, IVF, adoption, caesarean section, baby, commitment, responsibility, needs, budget, law, legal, age restriction, age of consent, safe.
Keeping and staying healthy	<p>Keeping Healthy and Safe</p> <ul style="list-style-type: none"> - Importance of good health and exercise. - Healthy diet. - Managing basic hygiene and personal needs. - How to seek help and support when required <p><i>Physical development (Health and self-care Early Learning Goal) Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i></p>	<p>Personal Hygiene.</p> <ul style="list-style-type: none"> - Why we should keep ourselves clean and how we can do this. - Importance of washing our hands. - Importance of washing ourselves. - Recognise early signs of physical illness - Medicines - How to seek help and support when required 	<p>Brushing Teeth</p> <ul style="list-style-type: none"> - Dental health and the benefits of good oral hygiene and dental flossing. - Check-ups at the dentist and the importance of these. - Healthy diet - How to seek help and support when required 	<p>Mental Health and Sleep</p> <ul style="list-style-type: none"> - Importance of looking after our mental health. - Know the mental benefits of exercise. - Know the importance of sufficient good quality sleep for good health. - Benefits of being active - Importance of daily exercise - How to seek help and support when required 	<p>Internet and Inactive Lifestyle</p> <ul style="list-style-type: none"> - Impact the internet has on our health. - Understand and know the risks associated with an inactive lifestyle, including obesity. - Know where to get help if worried about their health. - How to seek help and support when required 	<p>Mental Health. And Puberty</p> <ul style="list-style-type: none"> - Impact different experiences have on our mental health. - How to seek help if worried about theirs or someone else's mental health. - How our body changes. - Isolation and loneliness - How to seek help and support when required 	<p>Drugs, alcohol and smoking.</p> <ul style="list-style-type: none"> - Facts about legal and illegal harmful substances. - Risks associated with these substances. - Smoking, alcohol and drug-taking. - Facts to relating to allergies, immunisation and vaccination - How to seek help and support when required -
Vocabulary	Healthy, unhealthy, exercise,	Germs, medicine, hygiene, rinse, lather, illness, doctor, nurse, hospital, GP	Dental floss, dentist, toothpaste, diet, balanced, unbalanced, dairy, fruit, vegetables, carbohydrates, energy, vitamins, portion, goodness, balance, protein, fats, sugars	Well-being, sufficient, insufficient, impact, benefits, mood, meditation, mental health, mental illness, daily	Active, inactive, obesity, weight, energy, internet, technology, impact, support, risk, lifestyle	Self-image, self-respect, confidence, FOMO (fear of missing out) mental health, mental ill-health, well-being, symptoms, mind.	attributes, self-talk, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, disease, infection, immunisation, vaccine, antibiotic, immunity, allergen, allergic reaction, herd immunity.

First Aid	How to seek help and support when they require first aid – particularly what to do in school			Concepts of basic first aid			
Safety	Safety at home and school. <ul style="list-style-type: none"> - How to be safe with plug sockets, sharp objects, hot ovens etc. - PANTS rule. - What to do in a fire drill at school. 	Road Safety <ul style="list-style-type: none"> - Know the dangers of roads. - Know how to cross the road safely. - Know what to do when at the side of a busy road. 	Strangers/unfamiliar adults <ul style="list-style-type: none"> - Know what to do when we see someone we don't know. - Know what to do if we feel uncomfortable with unfamiliar adults. - Know what to do if an unfamiliar adult talks to us. 	Fire Safety <ul style="list-style-type: none"> - Know how to call 999. - Know what to do if a fire happens. - Know how to be safe Water Safety <ul style="list-style-type: none"> - How to enter and leave a swimming pool safely. - What to do if others get into difficulty. - Know and understand different water environments, how to stay safe when playing in and around water including recognising flags. Sun safety	Peer Pressure <ul style="list-style-type: none"> - Know what peer pressure is. - Know when peer pressure is not good. - How peer pressure sometimes can lead to gangs and knife crime. - Know what to do if feeling uncomfortable or unsafe. 	Road Safety <ul style="list-style-type: none"> -How to be safe and responsible on a bike when out and about. - Bikeability 	Public Safety and Welfare <ul style="list-style-type: none"> - Crucial Crew - Preparation for adulthood
Vocabulary	Safe, unsafe	Traffic light, zebra crossing, stop look listen, pedestrian, vehicle	Familiar, unfamiliar, stranger, danger, uncomfortable	Responsibilities, shared responsibilities, fire safety, water safety, rules, regulations, emergency, prevention, protection	Peer pressure, uncomfortable, unsafe, positive, negative, consequence, aggressor, choice	helmet, protection, prevention, cyclist, pedestrian, traffic signs, direction,	Community, adulthood, personal safety, behaviour, risks, consequences, pressure, technology, good citizen, social justice, moral responsibility, evaluate
The Working Wider World	Self-confidence and Awareness <ul style="list-style-type: none"> - Have the confidence to try new activities - Have the confidence to speak in a familiar group. - They say when they do or don't need help. <i>PSED (Self-Confidence and Self-Awareness Early Learning Goal) Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.</i>	Money <ul style="list-style-type: none"> - Know what money is. - Know the forms money comes in. - Know the different sources we get money from. 	Money <ul style="list-style-type: none"> - Why we need money for different reasons and purposes. - Describing ways in which money can be looked after. - Know the difference between needs and wants. 	Setting Goals <ul style="list-style-type: none"> - Celebrate their achievements. - To understand how to set goals to help them achieve personal outcomes. - To know the importance of setting goals. - To set some goals for myself, goals for now and goals for in the future. 	Communication Skills <ul style="list-style-type: none"> - Effective communication with a team. - How to communicate 1:1 effectively. - How to explain confidently and respectfully your views. - Responding to other people's point of view whether that be positive or negative. 	Enterprise <ul style="list-style-type: none"> - Importance of keeping money safe and managing it effectively including how to budget. - Know the affect their spending has on others and the environment. 	Jobs and careers <ul style="list-style-type: none"> - Know the different jobs and careers available. - The different routes into careers. - Skills needed for different careers.

Vocabulary		Money, pence, pound, coins, notes, bank, bank card, change	spend, save, choices, decisions, needs, wants	Strength, weakness, proud, abilities, goals, aspiration, achievement, future, vision, online, social media profile, safety.	effective, ineffective, successful, communicate, positive, negative, verbal, non- verbal, body language	enterprise, budget, money management, loan, debt, interest, tax	aspirations, employment, apprenticeships, influences
Wider World	<p>Behaviour and Rules</p> <ul style="list-style-type: none"> - Talk about their own and others' behaviour. - Consequences of behaviour. - Know that some behaviour is unacceptable. - Able to follow rules. <p><i>PSED (Managing Feelings and Behaviour Early Learning Goal)</i> <i>Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</i></p>	<p>Rules and our environment.</p> <ul style="list-style-type: none"> - Know why we have rules. - Know why different rules are needed for different situations. - Ways to look after people, living things and our environment. 	<p>Living in a Community</p> <ul style="list-style-type: none"> - What is a community? - What groups do I belong too? - Roles and responsibilities people have in their community. 	<p>Diversity</p> <ul style="list-style-type: none"> - What is a diverse community? - Benefits of a diverse community. - How to help our diverse community. - Importance of having compassion towards others. - stereotypes 	<p>Prejudice and discrimination</p> <ul style="list-style-type: none"> - Know the meanings of these. - Know ways of responding to discrimination if witnessed or experienced. - Know how they are still present in today's society and examples of these. 	<p>Laws, rules and responsibilities</p> <ul style="list-style-type: none"> - Why we have laws and rules. - Human Rights. - Consequences of not adhering to laws and rules. - Rights and responsibilities. - Stealing and the consequences related to law and rules. 	<p>Our World</p> <ul style="list-style-type: none"> - Know what radicalisation and extremism are. <p>To know that there are some cultural practices which are against British law and universal human rights.</p>
Vocabulary	Rules, safe	Rules, environment, safe, money, jobs.	Different, equal, respect, community, values, diversity, customs, feelings.	Identity, stereotypes, prejudice, diversity, peer pressure, equal, respect, values, law	prejudice, judge, discrimination, society	human rights, legislation, entitled, agreement, rights, convention, United Nations	Radicalisation, extremism, law, universal, human rights, cultural practices