

SKILLS PROGRESSION: Relationships and Health Education



| Strand | EYFS | YEAR 1 | YEAR 2 | YEAR 3 |
|-------------------------------|---|--|---|---|
| Being Me in My World | Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities | Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owing the Learning Charter | Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings | Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives |
| Celebrating Difference | Identifying Talents Being special Families Where we live Making friends Standing up for yourself | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends | Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments |
| Dreams and Goals | Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals | Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success | Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting |

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| <p>Healthy Me</p> | <p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p> | <p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p> | <p>Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p> | <p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p> |
| <p>Relationships</p> | <p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> | <p>Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p> | <p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> | <p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> |
| <p>Changing Me</p> | <p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p> | <p>Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition</p> | <p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p> | <p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p> |