

Subject Relationships, Sex and Health Education	Pupils:
Rec	<ul style="list-style-type: none"> • talk about the things and people that make me happy in class and at home • usually remember to take turns and share with everyone in class • talk about the things they like and dislike, are interested in and why • encourage themselves and others to keep trying and not give up when things get tricky • talk about what to do to stay healthy and safe and know why these things are important • know how to be a kind friend and know what to do if they need a friend to help play and/or learn • use strategies they have been taught to stay calm and to behave kindly towards others • talk about how they have changed since they were a baby
Year 1	<ul style="list-style-type: none"> • explain why their class is a happy and safe place to learn • give some ways they are different and similar to others in their class and why this makes everyone special • explain what bullying is and how being bullied might make somebody feel • explain how they feel when they are successful and how this can be celebrated positively • identify a range of ways to keep their body safe and healthy • explain why they have special relationships with some people and how these relationships help them feel safe and good • compare how they are now to when they were a baby
Year 2	<ul style="list-style-type: none"> • understand that some choices about behaviour are better than others • explain how it feels to have a friend and be a friend • explain why it is OK to be different from their friends • explain why foods and medicines can be good for their body comparing ideas with less healthy/ unsafe choices • identify relationships that make them feel safe and special and know what to do if something makes them feel uncomfortable • explain some of the changes that will happen to them as they grow from birth to old age
Year 3	<ul style="list-style-type: none"> • explain why it is important to have rules and how that helps the class learn • explain how behaviour can affect how others feel and behave • describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen • explain different ways that help learning and what to do to improve • identify things, people and places that aren't safe, and some strategies for keeping safe and healthy including who to go to for help • explain how their life is influenced positively by people they know and also by people from other countries • explain how babies grow and understand a baby's needs
Year 4	<ul style="list-style-type: none"> • explain why being listened to and listening to others is important and helps everyone feel valued • explain why bullying might be difficult to spot and what to do about it • explain what it means to be resilient and to have a positive attitude • recognise when people are put under pressure and explain ways to resist this • give ways that might help manage feelings when missing a special person or animal • summarise the changes that happen to boys' and girls' bodies during puberty
Year 5	<ul style="list-style-type: none"> • explain why we have rules, rights and responsibilities

End of year skills - RSHE



	<ul style="list-style-type: none">• explain the differences between types of bullying and know how to seek help• explain why discrimination is unacceptable• compare their hopes and dreams with those of young people from different cultures• understand facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking• explain how to stay safe when using technology to communicate with friends, including how to negotiate and resist peer pressure• explain how boys and girls change during puberty and why looking after themselves physically and emotionally is important
Year 6	<ul style="list-style-type: none">• explain how their choices can have an impact on people in the immediate community and globally• explain ways in which difference can be a source of conflict or a cause for celebration• explain different ways to work with others to help make the world a better place• explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others• identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control• identify why looking after themselves both physically and emotionally is very important, understand the changes that happen during puberty and recognise respect and consent