

APPENDIX A : South Hill PSHE/ SRE progression document

CW RSE = Christopher Winter resources: Puberty, Relationships and Reproduction

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	OTHER
FAMILIES AND PEOPLE WHO CARE FOR ME								
1a that families are important for children growing up because they can give love, security and stability.	CW RSE lesson 3	CW RSE lesson 3		CW RSE lesson 3			CW RSE lesson 2	
1b. the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.		CW RSE lesson 3		CW RSE lesson 3			CW RSE lesson 2	
1c that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.		CW RSE lesson 3		CW RSE lesson 3			CW RSE lesson 3	
1d that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.		CW RSE lesson 3		CW RSE lesson 3			CW RSE lesson 2 CW RSE lesson 3	
1e that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.							CW RSE lesson 3	
1f how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.		CW RSE lesson 3		CW RSE lesson 3			CW RSE lesson 2	
CARING FRIENDSHIPS								
2a how important friendships are in making us feel happy and secure, and how people choose and make friends.	CW RSE lesson 1 CW RSE lesson 3						CW RSE lesson 2	
2b the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.					CW RSE lesson 3		CW RSE lesson 2	

2C that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	CW RSE lesson 1				CW RSE lesson 3		CW RSE lesson 2	
2D that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	CW RSE lesson 2				CW RSE lesson 3			
2E how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.		CW RSE lesson 3		CW RSE lesson 2	CW RSE lesson 3			
RESPECTFUL RELATIONSHIPS								
3A the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	CW RSE lesson 3	CW RSE lesson 1 CW RSE lesson 3	CW RSE lesson 1 CW RSE lesson 2					
3B practical steps they can take in a range of different contexts to improve or support respectful relationships.							CW RSE lesson 2	
3C the conventions of courtesy and manners.	Promoted through our school ethos, 'The South Hill Way' and our bespoke PSHE programme							
3D the importance of self-respect and how this links to their own happiness.							CW RSE lesson 2	
3E that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.		CW RSE lesson 1 CW RSE lesson 3						
3F about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	Promoted through our school ethos, 'The South Hill Way' and our bespoke PSHE programme Anti-bullying week – Spring term							
3G what a stereotype is, and how stereotypes can be unfair, negative or destructive.			CW RSE lesson 1					
3H the importance of permission-seeking and giving in relationships with friends, peers and adults.							CW RSE lesson 2	
ONLINE RELATIONSHIPS								

4A that people sometimes behave differently online, including by pretending to be someone they are not.	Promoted through the HfL Computing Scheme of work.					CW RSE lesson 4	
4B that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	Promoted through the HfL Computing Scheme of work.					CW RSE lesson 4	
4c the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	Promoted through the HfL Computing Scheme of work.					CW RSE lesson 4	
4d how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Promoted through the HfL Computing Scheme of work.					CW RSE lesson 4	
4e how information and data is shared and used online.	Promoted through the HfL Computing Scheme of work.					CW RSE lesson 4	
BEING SAFE							
5a what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).			CW RSE lesson 2				CW RSE lesson 2 CW RSE lesson 4
5b about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.			CW RSE lesson 2				CW RSE lesson 2 CW RSE lesson 4
5c that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.			CW RSE lesson 2				CW RSE lesson 2
5d how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.		CW RSE lesson 3	CW RSE lesson 2 CW RSE lesson 3				CW RSE lesson 2 CW RSE lesson 4
5e how to recognise and report feelings of being unsafe or feeling bad about any adult.		CW RSE lesson 3					CW RSE lesson 2 CW RSE lesson 4

5f how to ask for advice or help for themselves or others, and to keep trying until they are heard.			CW RSE lesson 2 CW RSE lesson 3					
5g how to report concerns or abuse, and the vocabulary and confidence needed to do so.			CW RSE lesson 2 CW RSE lesson 3				CW RSE lesson 4	
5h where to get advice e.g. family, school and/or other sources.			CW RSE lesson 3				CW RSE lesson 4	
MENTAL WELLBEING								
6a that mental wellbeing is a normal part of daily life, in the same way as physical health				CW RSE lesson 2				Promoted through 'Wellbeing week'
6b that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	CW RSE lesson 1 CW RSE lesson 2	CW RSE lesson 1		CW RSE lesson 2				Promoted through 'Wellbeing week'
6c how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	CW RSE lesson 1 CW RSE lesson 2	CW RSE lesson 1 CW RSE lesson 3		CW RSE lesson 2		CW RSE lesson 1	CW RSE lesson 1	Promoted through 'Wellbeing week'
6d how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.				CW RSE lesson 2		CW RSE lesson 1	CW RSE lesson 1	Promoted through 'Wellbeing week'
6e the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.		CW DRUGS Lesson 1						
6f simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.				CW RSE lesson 2		CW RSE lesson 1	CW RSE lesson 1	
6g isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	CW RSE lesson 1						CW RSE lesson 1	

6h that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.							CW RSE lesson 4	Promoted through 'Anti-Bullying week'
6i where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).							CW RSE lesson 1 CW RSE lesson 4	Promoted through 'Wellbeing week'
6j it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.							CW RSE lesson 1	Promoted through 'Wellbeing week'
Internet safety and harms								
7a that for most people the internet is an integral part of life and has many benefits.	Whole school Safer Internet Day 11 th February – activities to run through the week.							
7b about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing							CW DRUGS Lesson 3	
7c how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.							CW DRUGS Lesson 3	
7d why social media, some computer games and online gaming, for example, are age restricted.							CW DRUGS Lesson 3	
7e that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.							CW DRUGS Lesson 3	
7f how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Promoted through the HfL Computing Scheme of work.						CW DRUGS Lesson 3 HfL computing scheme	HfL computing scheme
7g where and how to report concerns and get support with issues online.	Promoted through the HfL Computing Scheme of work.							
HEALTHY EATING								
8a what constitutes a healthy diet (including understanding calories and other nutritional content)		CW DRUGS Lesson 1	Science unit Animals, including humans				CW DRUGS Lesson 1	
8b the principles of planning and preparing a range of healthy meals.				Science unit Animals, including humans				

8c the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)			Science unit Animals, including humans		CW DRUGS Lesson 1 Science unit Animals, including humans		Science unit Animals, including humans	
DRUGS, ALCOHOL AND TOBACCO								
9a the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.				CW DRUGS Lesson 1	CW DRUGS Lesson 1 CW DRUGS Lesson 2 CW DRUGS Lesson 3	CW DRUGS Lesson 1 CW DRUGS Lesson 2 CW DRUGS Lesson 3		
HEALTH AND PREVENTION								
10a how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.				CW DRUGS Lesson 1				
10b about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.								
10c the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		CW DRUGS Lesson 1	Science unit Animals, including humans					
10d about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.					Science unit Animals, including humans			
10e about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	CW RSE lesson 2							
10f the facts and science relating to allergies, immunisation and vaccination.		CW DRUGS Lesson 1						
CHANGING ADOLESCENT BODY								
8a key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.				CW RSE lesson 2	CW RSE lesson 1	CW RSE lesson 1 CW RSE lesson 2 CW RSE lesson 3 Science unit	CW RSE lesson 1	

						Animals, including humans		
8b about menstrual wellbeing including the key facts about the menstrual cycle.				CW RSE lesson 2		CW RSE lesson 1 CW RSE lesson 2 CW RSE lesson 3	CW RSE lesson 1	
ADDITIONAL GUIDANCE MENSTRUATION								
9a key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.				CW RSE lesson 2		CW RSE lesson 1 CW RSE lesson 2 Science unit Animals, including humans		
9b about menstrual wellbeing including the key facts about the menstrual cycle.						CW RSE lesson 1 CW RSE lesson 2 CW RSE lesson 3 Science unit Animals, including humans		