



Leigh and Bransford Primary School



Progression Document

Relationship, sex and health education

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	<p>Healthy lifestyles: 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. Children can explain why it is important to keep clean and understands some basic hygiene routines</p> <p>Growing and changing:</p>	<ul style="list-style-type: none"> * The importance of and how to maintain personal hygiene. * About the process of growing from young to old and how people's needs change. * The names for the main parts of the body (including external genitalia) * The similarities and differences between boys and girls. * About people who look after them, their family networks, who to go to if they are worried and how to attract their attention. 	<ul style="list-style-type: none"> * About the process of growing from young to old and how people's needs change * The names for the main parts of the body (including external genitalia). * The similarities and differences between boys and girls * Notice that animals, including humans, have offspring which grow into adults 	<ul style="list-style-type: none"> * The names for the main parts of the body (including external genitalia). * The similarities and differences between boys and girls. * To recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong. 	<ul style="list-style-type: none"> * How their body will, and emotions may, change as they approach and move through puberty. * To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. * About human reproduction * Describe the changes as humans develop to old age 	<ul style="list-style-type: none"> * How their body will, and emotions may, change as they approach and move through puberty. * To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them 	<ul style="list-style-type: none"> * How their body will, and emotions may, change as they approach and move through puberty * About human reproduction The importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others

	<p>Children talk about changes within their own lives.</p> <p>Keeping safe: Understand how members of a family and the wider community can help each other Understand the purpose and role of the emergency services. Develop an awareness of Stanger danger and road safety.</p>	<p>* Ways that pupils can help these people to look after them.</p>					
Relationships	<p>Feelings and emotions: Children show sensitivity to others needs and feelings. Children take steps in resolving conflict with other children such as finding a compromise.</p> <p>Healthy Relationships: Children can play co-operatively taking turns with others. They take account of others ideas about how to organise their activities.</p> <p>Valuing difference: They know that other children don't</p>			<p>* To be aware of different types of relationship, including those between friends and families, civil partnerships and marriage</p> <p>* To judge what kind of physical contact is acceptable or unacceptable and how to respond.</p>		<p>* To feel confident to raise their own concerns.</p> <p>* To recognise and care about other people's feelings Describe the changes as humans develop to old age</p>	<p>* To be aware of different types of relationship, including those between friends and families, civil partnerships and marriage</p> <p>* To recognise what constitutes positive healthy relationships and develop the knowledge to form them</p>

	<p>always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.</p>						
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