



## St Peter's Catholic Primary School

### Progression of skills: PSHE and RSE (Relationships)

Relationships	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 & Summer 1	<ul style="list-style-type: none"> <li>- Develop social phrases</li> <li>- Build constructive and respectful relationships</li> <li>- Express their feelings and consider the feelings of others</li> <li>- Think about the perspectives of others</li> <li>- Talk about members of their immediate family and community</li> <li>- Name and describe people who are familiar to them</li> </ul>	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> <li>- About people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers</li> <li>- The role these different people play in children's lives and how they care for them</li> <li>- What it means to be a family and how families are different, e.g. single parents, same-</li> </ul>	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> <li>- How to be a good friend e.g. kindness, listening, honesty</li> <li>- About different ways that people meet and make friends</li> <li>- Strategies for positive play with friends, e.g. joining in, including others, etc.</li> <li>- About what causes arguments between friends</li> <li>- How to positively</li> </ul>	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> <li>- To recognise and respect that there are different types of families</li> <li>- That being part of a family provides support, stability and love</li> <li>- About the positive aspects of being part of a family, such as spending time together and caring for each other</li> <li>- About the</li> </ul>	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> <li>- About the features of positive healthy friendships</li> <li>- Strategies to build positive friendships</li> <li>- How to seek support with relationships if they feel lonely or excluded</li> <li>- How to communicate respectfully with friends when using digital devices</li> <li>- How knowing someone online</li> </ul>	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> <li>- What makes a healthy friendship</li> <li>- Strategies to help someone feel included</li> <li>- About peer influence and how it can make people feel or behave</li> <li>- The impact of the need for peer approval, including online</li> <li>- Strategies to manage peer influence and peer approval</li> <li>- That it is common for</li> </ul>	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> <li>- What it means to be attracted to someone and different kinds of loving relationships</li> <li>- That people who love each other can be of any gender, ethnicity or faith</li> <li>- The difference between gender identity and sexual orientation and everyone's right to be loved</li> </ul>

	<p>ELGs:</p> <ul style="list-style-type: none"> <li>- Hold conversation when engaged in back and forth exchanges with their teachers and peers</li> <li>- Show an understanding of their own feelings and those of others, and begin to regulate behaviour accordingly</li> <li>- Give focussed attention to what the teacher says, responding appropriately even when engaged in activity</li> <li>- Work and play cooperatively and take turns with others</li> <li>- Form positive attachments to</li> </ul>	<p>sex parents, etc.</p> <ul style="list-style-type: none"> <li>- About the importance of telling someone</li> <li>- and how to tell them - if they are worried about something in their family</li> <li>- About situations when someone's body of feelings might be hurt and whom to go to for help</li> <li>- About what it means to keep something private, including parts of the body that are private</li> <li>- To identify different types of touch and how they make people feel</li> <li>- How to respond if being touched</li> </ul>	<p>resolve arguments between friends</p> <ul style="list-style-type: none"> <li>- How to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else</li> <li>- How to recognise hurtful behaviour, including online</li> <li>- What to do and whom to tell if they see or experience hurtful behaviour, including online</li> <li>- About what bullying is and the different types of bullying</li> <li>- How someone may feel if they are being bullied</li> <li>- About the difference</li> </ul>	<p>different ways people can care for each other</p> <ul style="list-style-type: none"> <li>- To identify if/when something in a family might make someone upset or worried</li> <li>- What to do and whom to tell if family relationships are making them feel unhappy or unsafe</li> <li>- What is appropriate to share with friends, classmates and wider groups, including online</li> <li>- About what privacy and personal boundaries are, including online</li> <li>- Basic strategies to</li> </ul>	<p>differs from face-to-face and to know the risks</p> <ul style="list-style-type: none"> <li>- What to do or whom to tell if they are worried about online contact</li> <li>- To differentiate between playful teasing, hurtful behaviour and bullying, including online</li> <li>- How to respond if they witness hurtful behaviour or bullying, including online</li> <li>- Recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable</li> </ul>	<p>friendships to experience challenges</p> <ul style="list-style-type: none"> <li>- Strategies to positively resolve disputes and reconcile differences</li> <li>- That friendships can change over time</li> <li>- How to recognise if a friendship is making them feel unsafe, worried or uncomfortable</li> <li>- When and how to seek support in relation to friendships</li> <li>- To identify what physical touch is acceptable, unacceptable, wanted or unwanted</li> <li>- How to ask for, give/not give permission</li> </ul>	<ul style="list-style-type: none"> <li>- About the qualities of healthy relationships that help individuals flourish</li> <li>- Ways in which couples show their love and commitment to one another</li> <li>- What marriage and civil partnership mean</li> <li>- That people have the right to choose whom they marry or whether to get married</li> <li>- That to force anyone into marriage is illegal</li> <li>- How and where to report forced marriage</li> <li>- To compare the features of a healthy and</li> </ul>
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	<p>adults and friendships with peers</p> <ul style="list-style-type: none"> <li>- Show sensitivity to their own and others needs</li> </ul>	<p>makes them feel uncomfortable or unsafe</p> <ul style="list-style-type: none"> <li>- When it is important to ask for permission to touch others</li> <li>- How to ask for and give/not give permission</li> <li>- What kind and unkind behaviour means in and out of school</li> <li>- How kind and unkind behaviour can make people feel</li> <li>- About what respect means</li> <li>- About class rules, being polite to others, sharing and taking turns</li> </ul>	<p>between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help</p> <ul style="list-style-type: none"> <li>- How to resist pressure to do something that feels uncomfortable or unsafe</li> <li>- How to ask for help if they feel unsafe or worried and what vocabulary to use</li> <li>- About the things they have in common with their friends, classmates and other people</li> <li>- How friends can have both similarities and differences</li> <li>- How to play and work</li> </ul>	<p>help keep themselves safe online</p> <ul style="list-style-type: none"> <li>- That bullying and hurtful behaviour is unacceptable in any situation</li> <li>- About the effects and consequences of bullying for the people involved</li> <li>- About bullying online and face-to-face bullying</li> <li>- What to do and whom to tell if they are or experience bullying or hurtful behaviour</li> <li>- To recognise respectful behaviours</li> <li>- How to model respectful behaviour in different situations</li> </ul>	<ul style="list-style-type: none"> <li>- How to manage pressures associated with dares</li> <li>- When it is right to keep or break a confidence or share a secret</li> <li>- How to recognise risks online</li> <li>- How people may behave differently online</li> <li>- How to report concerns and seek help</li> <li>- To recognise differences between people</li> <li>- To recognise what they have in common with others</li> <li>- About the importance of respecting differences</li> <li>- A vocabulary to sensitively discuss</li> </ul>	<ul style="list-style-type: none"> <li>- How it feels in a person's mind and body when they are uncomfortable</li> <li>- How to respond to wanted and unwanted touches</li> <li>- That it is never someone's fault if they have experience unacceptable contact</li> <li>- That no one should keep a secret that makes them feel uncomfortable</li> <li>- Whom to tell if they are concerned about unwanted physical contact</li> <li>- To recognise that everyone should be treated equally</li> <li>- Why it is important to</li> </ul>	<p>unhealthy friendship</p> <ul style="list-style-type: none"> <li>- About the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong</li> <li>- Strategies to respond to pressure from friends, including online</li> <li>- How to assess risks online</li> <li>- How to recognise and respond to pressure from others that makes them feel worried, unsafe or uncomfortable</li> <li>- How to get advice and report concerns about personal safety, including</li> </ul>
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			<p>cooperatively in different groups and situations</p> <ul style="list-style-type: none"> <li>- How to share their ideas and listen to others, take part in discussion, and give a reason for their views</li> </ul>	<ul style="list-style-type: none"> <li>- The importance of self-respect and their right to be treated respectfully by others</li> <li>- What it means to treat others, and be treated, politely</li> <li>- The ways in which people show respect and courtesy in different cultures and wider society</li> </ul>	<p>difference and include everyone</p>	<p>listen and respond respectfully to a wide range of people</p> <ul style="list-style-type: none"> <li>- What discrimination means and the different types, e.g. racism, sexism, homophobia</li> <li>- To identify online bullying and discrimination of groups or individuals</li> </ul>	<p>online</p> <ul style="list-style-type: none"> <li>- What consent means and how to seek and give/not give permission in different situations</li> <li>- About the link between values and behaviour and how to be a positive role model</li> <li>- How to discuss issues respectfully</li> <li>- How to listen to and respect other points of view</li> <li>- How to constructively challenge points of view they disagree with</li> <li>- Ways to participate effectively in discussions online and manage conflicts</li> </ul>
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