



Progression of Knowledge, Skills and Understanding - RHE

	Year 1	Year 2
Relationships	<p>Understands right and wrong Understands: What rules are Can answer: Do you have rules at home? What are the rules at school?</p> <p>Knows what it means to be a good friend Understands: What a friend is Can answer: How do friends make you feel?</p> <p>Knows and names the 'special people' to them Understands: What 'special' means Can answer: Who is in your family?</p> <p>Understands basic changes in growth that have happened since they were a baby Understands: What they could/couldn't do as a baby</p>	<p>Talks about the different relationships they have in life (including belonging to different communities)</p> <p>Understands what is appropriate behaviour in different relationships Understands: What 'relationship' means; Who is in their family; Who they live with Can answer: What groups or clubs do you go to? Understands: What 'safe' means; Can answer: What makes you feel safe?</p> <p>Expresses how they would like to be treated</p> <p>Understands the different ways that people can show love Understands: What 'love' means Can answer: What makes you happy? How can you show someone you care about them?</p> <p>Begin to understand the differences between girls' (female) and boys' (male) bodies Understands: That biologically male and female bodies are different (at birth)</p>

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Emotional Health and Wellbeing	<p>Understand and recognise feelings (sad, scared) and knows how to make people feel better Understands: different facial expressions and can talk about what things make them happy or sad etc</p> <p>Understand that everyone is special Recognise and express similarities and differences between ourselves and others and understand in what ways we are all equal Is starting to make connections by recognising that they may have things in common with a friend or peer e.g. they both have cats, they both like pasta etc</p> <p>Right/Wrong Friends/ Bullying Understand differences between joking, hurtful teasing and bullying and know how they make people feel Know how we can help or get help if we are worried about teasing or bullying Can name people they trust e.g. responsible adults, friends, brothers and sisters</p> <p>Understand fair/unfair</p>	<p>Express how feelings affect us and the way that we behave Develop an understanding about how we can manage the feelings we are unsure about Understands: What 'manage' means What emotions or feelings can they name? Understand the term 'unique' and recognise what is unique in the people we know</p> <p>Secrets and Privacy Begin to understand about what things people keep private, when we might need to break privacy, when and who we should tell if we feel uncomfortable or worried Understands: What secret means What private/privacy means</p> <p>Changing Behaviours Understand who makes choices about our behaviour Understand when change is good and when it is bad</p> <p>Coping with Loss/Changing Situations Understand that change is a normal part of life Understand and name some of the emotions that may be felt in situations involving the loss of special possessions or people Understands what 'loss' means Can relate to a time when they 'lost' something and how it made them feel</p>

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Physical Health and Wellbeing	<p>Understand and talk about what it feels like to feel safe/ unsafe What is safe? What does that word mean to them?</p> <p>Know the people who keep us safe and what they do and who we can ask for help Can make people who they love or trust</p> <p>Know who helps us to stay safe in different places Who are the people in the community who keep us safe? Can they name the emergency services?</p> <p>Understand what is meant by 'emergency' and how to alert the emergency services Begin to understand how to keep our bodies well and what might make them unwell Have they ever felt poorly? Can they talk about how they felt?</p> <p>Understand the words 'healthy' and 'active'</p>	<p>Understand what sorts of things people put in their bodies (other than food). Understands: what 'medicine' is, what it is for, Can talk about any experiences/ instances that they have seen or heard of people using medicine Begin to understand how we know what is safe to put in/on our bodies Understands which things are safe, not so safe or dangerous Remind them of 'rules'. What rules might we have around medicine? Know when someone might need to dial 999 and how someone could help in an emergency situation Do they know what happens when someone rings 999? What information might you need to give the emergency services? E.g. address, name etc. Do they know if the person has an illness? Understand how we can keep active to keep healthy and what might happen if we are not physically active Understands vocabulary: healthy/physical Understand what food does to our health and what is meant by 'healthy diet'</p>
Digital/Media Literacy	<p>Begin to understand what you do online and what information you can access Knows what a computer is. What have they used a computer for? Do they have any computers/ laptops/ tablets at home?</p> <p>Know what to do if you came across information that worried or upset you</p>	<p>Begin to understand when spending time online becomes unhealthy and why Begin to understand how to make sure that you are safe when communicating with others online Understands what 'safe' means when online/ talking to people they haven't met in person Understands where/who to go to if you are affected by something someone says to you online Understand how negative actions make people feel Begin to understand why it is important to protect what others can see when they look at your profile What does online profile mean?</p>