



## Progression of Skills – Relationships and Health Education



	Reception	Year 1	Year 2
<b>Relationships</b>	<b>Personal, Social and Emotional Development</b>  <b>ELG: Building Relationships</b>  Works and plays cooperatively and take turns with others  Forms positive attachments to adults and friendships with peers  Shows sensitivity to their own and others' needs	Understands right and wrong Knows what it means to be a good friend Knows and names the 'special people' to them Understands basic changes in growth that have happened since they were a baby	Talks about the different relationships they have in life (including belonging to different communities)  Expresses how they would like to be treated  Understands the different ways that people can show love  Understands what is appropriate behaviour in different relationships  Begin to understand the differences between girls' and boys' bodies

	Reception	Year 1	Year 2
<b>Emotional Health and Wellbeing</b>	<p><b>Personal, Social and Emotional Development</b></p> <p><b>ELG: Self-Regulation</b></p> <p>Begin to show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> <p><b>ELG: Managing Self</b></p> <p>Begin to develop the confidence to try new activities and show independence, resilience and perseverance in the face of challenge</p>	<p>Understand and recognise feelings (sad, scared) and knows how to make people feel better</p> <p>Understand that everyone is special</p> <p>Recognise and express similarities and differences between ourselves and others and understand in what ways we are all equal</p> <p><b>Right/Wrong Friends/ Bullying</b></p> <p>Understand differences between joking, hurtful teasing and bullying and know how they make people feel</p> <p>Know how we can help or get help if we are worried about teasing or bullying</p> <p>Understand fair/unfair</p>	<p>Express how feelings affect us and the way that we behave</p> <p>Develop an understanding about how we can manage the feelings we are unsure about</p> <p>Understand the term 'unique' and recognise what is unique in the people we know</p> <p><b>Secrets and Privacy</b></p> <p>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</p> <p><b>Changing Behaviours</b></p> <p>Understand who makes choices about our behaviour</p> <p>Understand when change is good and when it is bad</p> <p><b>Coping with Loss/Changing Situations</b></p> <p>Understand that change is a normal part of life</p> <p>Understand and name some of the emotions that may be felt in situations involving the loss of special possessions or people</p>

	Reception	Year 1	Year 2
<b>Physical Health and Wellbeing</b>	<p><b>Physical Development</b></p> <p><b>ELG: Gross Motor Skills</b></p> <p>Negotiate space and obstacles safely with consideration for themselves and others</p> <p>Demonstrate strength, balance and co-ordination when playing</p> <p><b>ELG: Managing Self</b></p> <p>Understanding the importance of healthy food choices</p>	<p>Understand and talk about what it feels like to feel safe/ unsafe</p> <p>Know the people who keep us safe and what they do and who we can ask for help</p> <p>Know who helps us to stay safe in different places</p> <p>Understand what is meant by 'emergency' and how to alert the emergency services</p> <p>Begin to understand how to keep our bodies well and what might make them unwell</p> <p>Understand the words 'healthy' and 'active'</p>	<p>Understand what sorts of things people put in their bodies (other than food).</p> <p>Begin to understand how we know what is safe to put in/on our bodies</p> <p>Understands which things are safe, not so safe or dangerous</p> <p>Know when someone might need to dial 999 and how someone could help in an emergency situation</p> <p>Understand how we can keep active to keep healthy and what might happen if we are not physically active</p> <p>Understand what food does to our health and what is meant by 'healthy diet'</p>
<b>Digital/Media Literacy</b>		<p>Begin to understand what you do online and what information you can access</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</p> <p>Begin to understand how to make sure that you are safe when communicating with others online</p> <p>Understands where/who to go to if you are affected by something someone says to you online</p> <p>Understand how negative actions make people feel</p> <p>Begin to understand why it is important to protect what others can see when they look at your profile</p>