

RSE Progression Framework



Year	Relationships Education	Physical and Mental Wellbeing **	Vocabulary
YR	<p>I can play co-operatively and share appropriately</p> <p>I show sensitive to others needs and feelings</p> <p>I know the difference between right and wrong, fair and unfair and kind and unkind on/offline.</p> <p>I know people behave differently online, sometimes pretending to be someone they are not</p> <p>I can listen to others and show them respect</p> <p>I can use accurate vocabulary for parts of the body</p> <p>Recognising how feelings can influence friendships</p> <p>Understanding who is in our family, who is a friend and who is special in our lives</p> <p>I know that different family relationships may include mum and dad, mum, dad, mum and mum, dad and dad (no introduction to terms, gay, lesbian, unless asked)</p> <p>Understanding which parts of our body are private</p>	<p>To appreciate and value their body, its capabilities and uniqueness</p> <p>To understand why hygiene is important</p> <p>Understanding who can help us</p> <p>Looking after ourselves, including washing, getting dressed and using the toilet independently</p> <p>I know the importance for good physical and mental health, a healthy diet and talk about ways to keep healthy and safe</p> <p>I can manage my own hygiene and personal needs</p> <p>I know how to wash my hands properly</p> <p>I know what makes me happy</p> <p>I can talk about my emotions</p>	<p>Happy, sad, scared, cross, excited, fair, right, wrong, family, private, safe, clean, healthy, respect</p> <p>Names for external body parts</p>
Y1	<p>I know that there are different types of relationships, including families, friends, and others (including same sex families) I respect those differences</p> <p>I know that family and friends should care for each other – love, security, and stability</p> <p>I know how to be nice to people on/offline and to ask for help if I do not feel happy/safe</p> <p>I know about change and loss and associated feelings</p> <p>I know the difference between right/wrong un/fair un/kind</p> <p>I can recognise that my behaviour affects others on/offline</p> <p>I know the names of the main parts of the body including external genitalia and understand why it important to keep them private</p> <p>I know what it means to be a good friend</p> <p>I can name people who look after me and my network of who to go to if I am unhappy/unsafe</p> <p>I understand what is meant by 'privacy' my right to keep things 'private' and the importance of respecting others privacy both on/offline between friends</p>	<p>I can make choices that improve my physical and emotional health choices</p> <p>I know how to keep my body healthy; being active, eating healthy, enough rest, dental health, sun protection, emotional wellbeing</p> <p>I understand what being resilient means and I have strategies I can use</p> <p>I know why change can feel uncomfortable and know some ways to manage the associated feelings</p>	<p>Protect, resilient, private, family, relationship, male, female, gender, medicine, safe,</p> <p>Names for external genitalia.</p>
Y2	<p>I know the characteristics of a healthy family life and the importance to care for people, spending time together</p> <p>I know the changes that have happened to my body, from birth and the process of growing from young to old and how people's needs change</p> <p>I understand stereotypes and how these can have a negative impact (gender/age)</p> <p>I can value my body recognising its uniqueness</p> <p>I know that individuals have rights over their own bodies, that there are differences between good and bad touching</p> <p>I know the 'recipe' for being a good friend on/offline – trust is the core ingredient</p> <p>I can listen to others and respect their viewpoints</p> <p>I can identify and respect similarities/differences between people of different backgrounds (ethnic, cultural, faith, physically)</p> <p>I know there are types of negative behaviours, bullying, teasing on/offline. I know they are wrong and how to get help if I experience/see it</p>	<p>I can give examples and make simple choices of what I do on a regular basis to keep myself healthy (physically and emotionally)</p> <p>I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health.</p> <p>I can recognise and name a range of feelings, understand we all experience emotions and have simple strategies to manage my own</p> <p>I understand what being resilient means and have strategies I can use</p> <p>I know that even changes we want can feel uncomfortable, but I have ways to manage these feelings.</p>	<p>Stereotype, online/offline, faith, culture, physically, mentally, emotionally, diversity, changes, life-cycle, young, old</p>
Y3	<p>I can identify different types of relationships and show ways to maintain positive and healthy relationships (including same sex relationships) on/offline</p> <p>I understand relationships may change over time</p> <p>I can judge what physical contact is un/acceptable and how to respond</p> <p>I understand the difference between secrets and surprises and not to keep adult secrets, and when to support a friend to tell a trusted adult</p> <p>I know how other families are similar/different to mine (including same sex) I respect those difference</p> <p>I know it is ok to be different to others</p> <p>I understand about growing/changing and the new opportunities, responsibility and increasing independence</p> <p>I know how to be a good friend on/offline and how to manage a fallout</p> <p>I can describe the nature and consequences of negative behaviours</p> <p>I can empathise with people and understand how people react differently to the same situation, showing respect for their views</p> <p>I can recognise and challenge stereotypes (including supporting trans children)</p> <p>I know about change and loss (separation, divorce, bereavement, and associated feelings)</p>	<p>I can make choices about my lifestyle to improve my health and wellbeing, recognising my choices can have not so/good consequences</p> <p>I know good habits for looking after my growing body</p> <p>I know physical benefits of physical exercise and time outdoors</p> <p>I know the risks associated with an inactive lifestyle</p> <p>I know how to look after my mental wellbeing</p> <p>I can communicate my feelings to others and recognise and respond appropriately to others</p> <p>I can understand why other people may behave differently through change</p>	<p>Secret, surprise, transgender, diet, unhealthy, support, same sex, boundaries, acceptable, unacceptable</p>

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Y4	<p>I recognise what love is and understand that marriage/civil partnerships represent a legally recognised commitment freely entered by two people</p> <p>I know there are different types of families and partnerships</p> <p>I understand the importance of stable, loving, and caring relationships</p> <p>I can demonstrate the features of good healthy friendships on/offline</p> <p>I can name people who look after me</p> <p>I can respond appropriately to other people's feelings</p> <p>I can recognise my own/other people's worth</p>	<p>I feel good about myself and my body, understanding how the media presents 'body image'</p> <p>I understand my body and emotions will change as I grow older, I know the importance of taking care of my body</p> <p>I understand a range of feelings and how these make me feel emotionally and physically</p> <p>I can identify factors (positive and negative) that affect physical, mental, and emotional health and am developing ways to counteract negative factors</p> <p>I understand healthy diet (calories and nutritional content)</p> <p>I understand un/safe exposure to sun and how to reduce sun damage</p> <p>I understand a range of feelings and how they make my feel emotionally and physically</p> <p>I have a range of strategies for managing and controlling my feelings and emotions, and respond appropriately to others</p> <p>I recognise my own and other people's worth</p> <p>I can make some changes quickly and easily, but understand that some are hard and take a long time</p>	<p>Love, marriage, civil partnership, body image, positive, negative, calories, nutrients, smoking/vaping, alcohol, transition, protection</p>
Y5	<p>I know ways that children grow and develop in puberty – physically and emotionally</p> <p>I understand and am respectful how girls manage their periods (menstruation)</p> <p>I recognise, as I approach puberty, how emotions change and how to deal with feelings towards myself/family/friends/others in a positive way</p> <p>I am aware of different types of relationships and have the skills to maintain positive, healthy relationships</p> <p>I know how to respond safely and appropriately to adults that I meet (who I don't know) on/offline</p> <p>I know where families/groups/individuals can go to get help and support</p> <p>I know how to be a good friend on/offline, how to manage a fall out without a physical reaction</p> <p>I understand what boundaries are appropriate in friendships with peers and others on/offline</p> <p>I understand the importance of recognising, being respectful and caring about people's feelings, and if appropriate I feel able to confidently challenge their viewpoint</p>	<p>I understand simple, safe routines to prevent the spread of bacteria and viruses and the importance of immunisation</p> <p>I know where families/groups can get support on/offline</p> <p>I understand importance of good oral hygiene</p> <p>I know what makes a healthy lifestyle, exercise benefits, healthy eating, positive and negative factors that affect mental health, including having a positive self-image</p> <p>I can positively deal with my feelings, recognise a range of emotions, in others explaining the intensity of my feelings</p> <p>I understand and can develop my own resilience</p> <p>I can resolve differences</p> <p>I know how to deal with feelings that arise with change</p>	<p>Bacteria, virus, immunisation, self-image, puberty, periods, menstruations, cycle, conception</p>
Y6	<p>I can look after my body as I go through puberty</p> <p>I understand and am respectful how girls manage their periods (menstruation)</p> <p>I know about human reproduction including contraception*</p> <p>I recognise different risks in different situations on/offline, decide how to behave responsibly, including judging what kind of physical contact is un/acceptable</p> <p>I understand that civil partnerships and marriages are examples of stable, loving relationships freely entered by both people (include same sex relationships)</p> <p>I know how to ask for help and have a range of strategies to resist pressure to do something dangerous, unhealthy, that makes me feel uncomfortable, anxious or that I believe is wrong including when to share a confidential secret all of which can happen both on/offline</p> <p>I can recognise the difference between aggressive and assertive behaviour on/offline and have some strategies to resolve disputes and conflict</p> <p>I realise the consequences of anti-social and aggressive behaviours, such as bullying, cyber-bullying, homophobia, transphobia and biphobia and racism which can happen on/offline on individual/communities</p> <p>I can recognise and challenge discrimination and stereotyping which can happen on/ (including cultural, ethnic, religious diversity, sexuality, gender and disability)</p> <p>I understand the nature, causes and consequences of hate crime which can happen on/ offline and I know I need to tell a trusted adult</p>	<p>I understand the physical and emotional changes I will go through during puberty</p> <p>I can manage my time to include self-care techniques</p> <p>I recognise opportunities to make my own choices about food, and a balanced diet and understand the risks associated with an unhealthy lifestyle (mentally/physically/emotionally)</p> <p>I understand the impact of growth and adolescence on my hygiene, quality of sleep, nutritional needs</p> <p>I understand early signs of physical illness</p> <p>I understand un/safe sun exposure</p> <p>I recognise I may experience conflicting emotions, and how to overcome</p> <p>I understand mental ill health, the importance of early support</p>	<p>Physical attraction, consent, sexting, names of internal body parts in relation to puberty</p> <p>Self-esteem</p> <p>bullying, cyber-bullying, homophobia, transphobia, biphobia, racism</p>

** physical and mental wellbeing links to my healthy lifestyle in PHSCE

*using terms outlined in busy bodies resource (https://www.healthpromotion.ie/health/inner/busy_bodies.)