

Coleham Primary School Relationships/Growing and Changing and Staying/Keeping Healthy (RHE) Progressions Ladder

	EYFS - Friendship	Year 1 - Kindness	Year 2 – Honesty	Year 3 – Co-operation	Year 4 - Respect	Year 5 – Perseverance	Year 6 – Ambition
Physical Health & Mental Well being knowledge to be learned by the end of the year:	<ul style="list-style-type: none"> understand that keeping clean is important to be healthy – germs know about washing and dressing how people care for pets (visitors) how people care for babies (visitors) know what being healthy means know that some foods are more healthy than others know that exercise is important for health 	<ul style="list-style-type: none"> understand what we can do to keep healthy understand why we need to wash our hands know how germs are spread and how they can affect our health be able to practise washing your hands know the differences between healthy and unhealthy choice 	<ul style="list-style-type: none"> know that food is needed for our bodies to be healthy and to grow understand that some foods are better for good health than others be able to list different types of healthy food understand how to keep yourself and others healthy know the differences between healthy and unhealthy choices understand why we need to brush our teeth be able to practise brushing your teeth know the differences between healthy and unhealthy choices be able to develop 	<ul style="list-style-type: none"> know, understand, and be able to practise simple safety rules about medicine understand when it is safe to take medicine know who we can accept medicine from understand the differences between healthy and unhealthy choices 	<ul style="list-style-type: none"> explain what is meant by a balanced diet and plan a balanced meal recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older understand nutritional information on packaged food and explain what it means describe different ways to maintain a healthy lifestyle 	<ul style="list-style-type: none"> explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, vapes etc. describe how smoking can affect your immediate and future health and wellbeing give reasons why someone might start and continue to smoke identify and use skills and strategies to resist any pressure to smoke 	<ul style="list-style-type: none"> identify what is a risky choice identify the risks associated with alcohol (+ drugs - extension) describe how alcohol can affect your immediate and future health develop and recognise skills and strategies to keep safe
Relationships and RSE knowledge to be learned by the end of the year:	<ul style="list-style-type: none"> understand what mutual respect is understand why rules are important know about differences in people: families, cultures, faiths, disabilities to understand the right to make one’s own choices and respect the choices of others know that working together is helpful know about sharing and taking turns anatomically correct body parts: babies know about appropriate touch: PANTS rule. OK and NOT OK. 	<ul style="list-style-type: none"> understand different types of relationships understand how to be a good friend be able to recognise kind and thoughtful behaviours understand the importance of caring about other people’s feelings be able to see a situation from another person’s point of view 	<ul style="list-style-type: none"> be able to name a range of feelings understand why we should care about other people’s feelings be able to see and understand bullying behaviours know how to cope with these bullying behaviours be able to recognise and name a range of feelings understand that feelings can be shown without words be able to see a situation from another person’s point of view understand why it is important to care about other people’s feelings 	<ul style="list-style-type: none"> understand the difference between appropriate and inappropriate touch know why it is important to care about other people’s feelings understand personal boundaries know who and how to ask for help be able to name human body parts 	<ul style="list-style-type: none"> identify the different types of relationships we can have and describe how these can change as we grow explain how our families support us and how we can support our families identify how relationships can be healthy or unhealthy explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable 	<ul style="list-style-type: none"> explain what puberty means describe the changes that boys and girls may go through during puberty identify why our bodies go through puberty develop coping strategies to help with the different stages of puberty identify who and what can help us during puberty 	<ul style="list-style-type: none"> explain the terms ‘conception’ and ‘reproduction’ describe the function of the female and male reproductive systems identify the various ways adults can have a child explain various different stages of pregnancy identify the laws around consent

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<p>Key Questions</p>	<ul style="list-style-type: none"> • What does being healthy mean? • Why do we need to keep clean? • Who looks after us? How do people look after us? • What is healthy food? • Why is being healthy important? • Why is sharing important? • What could you do if your friends don't want to play with you? • Who could you talk to if you were upset? • How can families be different? Does it make a difference? • How can we be helpful? • Why are rules important? • Why is it important to take turns? • When is touch OK and not OK? 	<ul style="list-style-type: none"> • What does a healthy person look like? • What does an unhealthy person look like? • How can you stay healthy? • When should we wash our hands? • Why is important to wash our hands? • What are germs? What can they do? • What types of relationships are there? • How can you show that you care about special people/things? • What makes a good friend? • What kind of things can friends fall out over or disagree about? • What can we do if we fall out with our friends? 	<ul style="list-style-type: none"> • What foods keep us healthy? • Why do we need food? • Why is it important to brush our teeth? • How might someone feel if they are being bullied? • If you thought someone was being bullied, what could you do? • How can you be kind to someone? • What kind of things can friends fall out over or disagree about? • What can we do if we fall out with our friends? 	<ul style="list-style-type: none"> • Why do we take medicine? • Who should we take medicine from? • What else can make you feel better when you are poorly? • What is a vaccination? • Can you name the different human body parts? • If you know of somebody who is upset about the way someone treats them, what could you do? • If you feel uncomfortable in a relationship, who could you talk to? 	<ul style="list-style-type: none"> • What different types of food do our bodies need to stay healthy and grow? • How can we stay healthy? • How can you encourage others to stay healthy? • What types of relationships are there? • What can make a relationship healthy or unhealthy? • What is the difference between secrets and surprises? • How could you help someone who feels uncomfortable in a relationship? 	<ul style="list-style-type: none"> • What are the risks of smoking? • Why do you think people start to smoke? • Can you name one ingredient of a cigarette? • What could you do if you or someone you know felt pressured to smoke? • What does the brain release in order for puberty to begin? • What changes do females and males go through during puberty? • How long do periods normally last? • What coping strategies can help us through puberty? 	<ul style="list-style-type: none"> • What affects can alcohol have on your body? • If you or anyone you know is struggling with a mental health issue, what could you do? • Extension lesson question - what affects can drugs have on your body? • Can you name at least three parts of the female reproductive system? • Can you name at least three parts of the male reproductive system? • What is the legal age of consent to have sex? • Can you talk about the different stages of pregnancy?
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Key Vocabulary	Healthy Clean Care Love Appropriate / Not Appropriate Choice Share Taking Turns Anatomically correct body parts: <i>penis, vagina</i>	Healthy Unhealthy Germs Relationship Love, Security Stability Disagree	Ingredients Energy Repair Vitamins Natural Saturated fat Decay Bullying Mean Describe Teasing Threatening Advice Imagine Anti-bullying	Medicine Allergies Vaccination Antibodies Research Immune System Doctor Communicate Situation Penis Testicles Vagina Vulva Anus Private parts	Lifestyle Balanced diet Blood pressure Saturated fat Vital organs Mind map Food chart Carbohydrates Protein Calorie Nervous Scared Inappropriate Connection Civil partnership Marriage	Nicotine Addictive Illegal Respiratory system Cardiovascular disease Cigarette E-cigarette / Vape Tobacco Puberty Hormone Anonymous question Vagina Vulva Ovaries Fallopian tubes Penis Testicles Bladder Menstruation	Alcohol Ethanol Fermentation Unit Legal age limit Alcohol poisoning Cannabis Illegal drugs Mental illness Criminal offence Substances Conception Reproduction Consent Conceived Caesarean Foreskin Cervix Womb (uterus) Urethra Fertilised IVF
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