

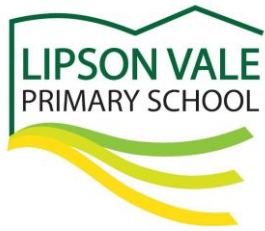


Knowledge Progression in RSHE

Key Knowledge Area: Theme 1 – HEALTH & WELLBEING, with a focus on the school values – Bravery and Self-belief

Throughout their school career, a Lipson Vale pupil will...

Foundation	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	<p>Understand what it means to keep healthy; learn about food and exercise, hygiene routines, including stopping germs from spreading and sun safety.</p> <p>Recognise what makes them unique and special; explore their feelings; including managing them when things go wrong.</p> <p>Begin to understand how rules and age restrictions help them, including</p>	<p>Explore why sleep is important; think about how medicines can keep them well and healthy, including the need for vaccinations/ immunisations and what allergies are; understand healthy teeth; think about managing feelings (including loss/ bereavement and change) in self and others and how to ask for help.</p>	<p>Be able to make good health choices and understand the need for good habits and routines, including what is meant by a healthy, balanced diet and the need for regular exercise; be able to discuss what affects feelings and some of the different ways we can choose to express feelings.</p> <p>Explore their personal strengths and achievements; become</p>	<p>Understand the need to maintain a balanced lifestyle with diet and exercise and consider how to recognise signs of illness; good oral hygiene and dental care will also be explored.</p> <p>Begin to understand the physical and emotional changes in puberty, including external genitalia and the need for good personal hygiene routines; Learn about seeking support for strategies to help understand and manage the challenges of</p>	<p>Understand healthy sleep habits and routines and the risks associated with the sun and the need for safety; learn how medicines, vaccinations, immunisations, and allergies can impact on lives in different ways and begin to consider the shared responsibilities for keeping a clean environment.</p> <p>Learn about personal identity, recognising individuality and</p>	<p>Learn about what affects mental health and ways to take care of themselves; explore strategies for managing feelings associated with change, including loss/ bereavement; understand the importance of managing and balancing their time online.</p> <p>Identify links between love, committed, intimate relationships and conception. Learn about the human</p>



Knowledge Progression in RSHE

	<p>how they can keep safe online; learn about how people can help them if they are unhappy, scared, or worried.</p>	<p>Learn about growing older; be able to name body parts; consider feelings and emotions linked to moving class or year group.</p> <p>Consider safety in different environments, such as road safety and relate this to risk and safety at home as well as accidents and emergencies, including how to get help and from who.</p>	<p>confident with a range of feelings vocabulary; begin to understand how to manage and reframe setbacks; recognise common challenges to everyday life and understand how to apply strategies to manage this, including asking for help.</p> <p>Learn how to identify risks and hazards, including how to predict, manage and assess risk and consider aspects of safety/ rules in the local environment and unfamiliar places.</p>	<p>puberty, e.g. menstruation.</p> <p>Consider the dangers/ risks of certain medicines (not taking them properly) and the safe use of household products; recognise what is meant by a drug, as well as (legal) drugs common to everyday life (cigarettes, vaping, alcohol etc) and the effects/ affects.</p>	<p>the different qualities of different people; understand and explore mental wellbeing in relation to boosting own mood and improving wellbeing.</p> <p>Learn to identify when situations are become unsafe/ risky and how to keep safe in different situations, including responding in emergencies. Learn about basic first aid. Learn that FGM is against British Law and what to do.</p>	<p>life cycle, reproduction, and birth, including how pregnancy occurs and preventing it with contraception. Identify the need for increasing independence, managing challenges and change/ transitions. Learn about keeping personal information safe, age restrictions and regulations. Consider drug use and the law (risk/ effects) and the media influences.</p>
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Key Knowledge Area: Theme 2 – RELATIONSHIPS, with a focus on the school values – Resilience and Collaboration



Knowledge Progression in RSHE

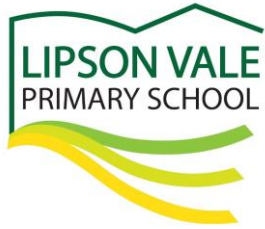
Throughout their school career, a Lipson Vale pupil will...

Foundation	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	<p>Learn about the roles of different people, different types of families and what it means to be part of a family, feel loved and be cared for. Recognise privacy, including parts of their own bodies; learn how to stay safe, including online and with new people and when it is important to ask for/ give permission.</p> <p>Consider how behaviour affects others; what it means to be kind, polite and respectful and</p>	<p>Learn about making friends; positive friendships; feeling lonely and getting help if they are worried. Learn how to manage secrets; resist pressure and get help; recognise hurtful behaviour and bullying – in words and actions and online.</p> <p>Recognise the things they have in common and differences with others; learn how to play and work cooperatively; sharing opinions.</p>	<p>Learn about what makes a family; features of family life; different types of family and relationships, including families living apart. Understand safe relationships by considering personal boundaries and privacy, safely responding to others and the impact of hurtful behaviour, including bullying – face to face and online.</p> <p>Recognise respectful behaviour and the importance of self-respect;</p>	<p>Learn about positive, mutually respectful friendships and relationships, including online relationships and what to do if feeling lonely or excluded.</p> <p>Know how to respond to hurtful behaviour; learn strategies to be able to manage confidentiality, dares and pressures; recognise risks online.</p> <p>Learn about the importance of respecting/accepting differences and similarities; discuss difference sensitively and inclusively.</p>	<p>Learn how to manage friendships and peer influence, including what makes a healthy friendship and recognising if it is not.</p> <p>Learn about physical contact and feeling safe, including permission – managing this on/ offline and knowing how to respond if physical contact is uncomfortable/ unwanted and how to seek support. Learn about responding respectfully to a</p>	<p>Learn about attraction to others; romantic relationships; the legal declaration of civil partnerships and marriage (inc. that forced marriage is a crime)</p> <p>Learn about recognising healthy/ unhealthy relationships and friendships and strategies for managing pressure and consent in different situations, including how to get advice or</p>



Knowledge Progression in RSHE

	how to treat others, including people they don't know and in familiar settings like the classroom.		courtesy and being polite to others.		wide range of people; learn about recognising prejudice and discrimination.	report concerns. Express opinions and respect other points of view, including discussing topical issues.
Key Knowledge Area: Theme 3 – LIVING IN THE WIDER WORLD , with a focus on the school values – <i>Communication and Responsibility</i>						
Throughout their school career, a Lipson Vale pupil will...						
Foundation	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	Learn what rules are, what it means to care for others' needs, personal responsibilities and looking after the environment. Begin to learn about using the internet and digital devices carefully and how to communicate safely online.	Learn about belonging to a group; roles and responsibilities; being the same and different in the community. Learn about the internet in everyday life and recognise the purpose/ value of it; understand different online content and information – how	Learn about the value of rules and laws; rights, consequences; freedoms and responsibilities, as well as Human Rights. Learn how the internet is used and how to assess information online to make safe, reliable choices from search results.	Learn about what makes a community – meaning and benefits - and shared responsibilities within the community; learn about how to show compassion. Learn how data is shared and used and that everything shared online has a digital footprint; consider how to make reliable online choices.	Learn about protecting the environment and showing compassion towards others, including expressing opinions. Learn about how information online is targeted; that there are different media types: their rules, role, and impact.	Learn to differentiate between prejudice and discrimination, and value diversity, challenging discrimination, and stereotypes. Evaluate media sources, including safe internet sources and social media sites (age restrictions), and



Knowledge Progression in RSHE

	<p>Consider personal strengths and interests and explore jobs in the community; identify strengths and interests linked to earning money and careers.</p>	<p>to recognise what is true/ untrue.</p> <p>Learn about what money is and how this relates to needs and wants; looking after money; saving and spending money.</p>	<p>Learn about different jobs and skills; job stereotypes; setting personal goals</p>	<p>Learn about making decisions about money; how to use and keep money safe and to keep track of money.</p>	<p>Identify job interests and aspirations; consider what influences career choices and the importance of diversity and inclusion in the workplace, including stereotyping in the workplace.</p>	<p>rules/ laws relating to sharing things online.</p> <p>Learn about influences and attitudes to money, including financial risks (gambling, debt, fraud) and the impact/ getting help.</p>
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