

# RSE/PSHE skills progression



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Families and People Who Care for Me</b>	Children identify members of their family and talk about the people who care for them and help them feel safe and supported.	Pupils describe how families provide love, care and security, and understand that families can look different but still offer support.	Pupils explain the key features of a happy and healthy family, including care, stability and shared experiences, and show respect for diversity.	Pupils explain why stable and caring relationships are important for wellbeing and begin to recognise when relationships may be unhealthy.	Pupils describe roles and responsibilities within families and explain how relationships can change over time.	Pupils explain how commitment contributes to family stability and recognise early signs of difficulty or conflict.	Pupils evaluate different types of family relationships and justify when it is important to seek help or support.
<b>Caring Friendships</b>	Children play cooperatively, begin to share and take turns, and start to form simple friendships.	Pupils describe what makes a good friend and begin to resolve simple disagreements with adult support.	Pupils explain key qualities of friendships such as kindness and honesty and recognise that friendships can change over time.	Pupils explain that friendships have ups and downs and use strategies to resolve conflict and repair relationships.	Pupils compare positive and negative friendship behaviours and apply strategies to manage disagreements independently.	Pupils explain how friendships affect wellbeing and demonstrate empathy and support for others.	Pupils evaluate friendships, identify unhealthy relationships and take appropriate action to seek support.
<b>Respectful Relationships</b>	Children show kindness to others and begin to recognise and talk about different feelings.	Pupils identify respectful behaviour and recognise similarities and differences between people.	Pupils describe boundaries and fairness in relationships and begin to recognise stereotypes.	Pupils explain how to communicate respectfully and recognise discrimination or unfair behaviour.	Pupils explain how to balance their own needs with the needs of others and apply respectful communication.	Pupils demonstrate assertiveness in a respectful way and explain the importance of equality and self-respect.	Pupils evaluate behaviour in relationships and analyse the impact of stereotypes, promoting inclusion.
<b>Online Safety and Awareness</b>	Children use digital devices safely with adult support and talk about what they see online.	Pupils identify basic online safety rules and understand the importance of being kind online.	Pupils describe risks of sharing personal information and explain how to stay safe online.	Pupils explain how people behave differently online and identify unsafe situations.	Pupils explain the importance of privacy and begin to evaluate online information.	Pupils assess online risks such as pressure or manipulation and understand the permanence of content.	Pupils critically evaluate online content and justify safe and responsible choices.
<b>Being Safe</b>	Children identify trusted adults and recognise when something feels wrong, asking for help when needed.	Pupils describe simple personal boundaries and know how to seek help in unsafe situations.	Pupils explain body ownership and identify safe and unsafe contact.	Pupils explain how to recognise unsafe situations and identify trusted adults.	Pupils explain different types of risk and apply strategies to stay safe.	Pupils analyse situations involving risk and demonstrate how to seek support.	Pupils evaluate risk in complex situations and take responsibility for safe decisions.
<b>General Wellbeing</b>	Children recognise basic emotions and talk about what makes them feel happy or sad.	Pupils describe a range of emotions and identify simple ways to improve their wellbeing.	Pupils explain a wider range of emotions and recognise when they need support.	Pupils explain how feelings influence behaviour and use strategies to manage them.	Pupils understand mental wellbeing changes over time and apply strategies to regulate emotions.	Pupils describe how change and challenge affect feelings and recognise early signs of concern.	Pupils evaluate strategies for maintaining wellbeing and justify when to seek support.

<b>Wellbeing Online</b>	Children talk about how they use technology and know to tell an adult if something worries them.	Pupils recognise that online behaviour affects others and identify trusted adults for support.	Pupils describe positive and negative aspects of online activity and explain how to stay safe.	Pupils explain how online activity can affect wellbeing and recognise harmful behaviour.	Pupils evaluate time spent online and understand risks of apps and games.	Pupils assess impacts of online content including risks such as bullying or scams.	Pupils critically evaluate online influences and justify responsible digital behaviour.
<b>Physical Health and Fitness</b>	Children move confidently and begin to understand that exercise keeps them healthy.	Pupils identify ways to stay active and understand why exercise is important.	Pupils describe benefits of physical activity and begin to form healthy routines.	Pupils explain links between physical activity and health.	Pupils describe how regular exercise supports physical and mental wellbeing.	Pupils analyse how activity levels affect fitness and wellbeing.	Pupils evaluate lifestyle choices and justify importance of maintaining fitness.
<b>Healthy Eating</b>	Children recognise healthy foods and talk about what they eat.	Pupils identify healthy and unhealthy foods and explain why nutrition is important.	Pupils describe a balanced diet and recognise effects of unhealthy choices.	Pupils explain how diet impacts health and wellbeing.	Pupils explain principles of healthy eating.	Pupils analyse food choices and their effects on health.	Pupils evaluate diet choices and justify healthy lifestyle decisions.
<b>Basic First Aid</b>			Pupils understand when it is appropriate to call 999 and how to deal with different injuries and incidents.		Pupils take part in basic first aid sessions to determine how to treat injuries such as head bumps and learn principles behind CPR.		
<b>Drugs, Alcohol and Tobacco</b>					Pupils describe risks associated with smoking, alcohol and substances.	Pupils explain effects on body and mind.	Pupils evaluate consequences of substance use and make informed decisions.