

RSHE PROGRESSION MAP – LKS2 21/22

	Y3	Y4
RELATIONSHIPS - OBJECTIVES	<p>Fa1) Do families always stay the same?</p> <ul style="list-style-type: none"> • Understand that families can change • Understand that parents can split up and people can die • Know that these events are not the fault of the child <p>Fa2) Are all families like mine?</p> <ul style="list-style-type: none"> • Appreciate that there are many differences between families and all families are unique • Understand that there are far more similarities than there are differences • Understand there is no one set family structure • Appreciate that any type of family can provide love and support <p>Fr1) What makes a good friend?</p> <ul style="list-style-type: none"> • Appreciate that we have responsibilities to our friends • Acknowledge that other people's emotions are important • Understand that our actions can affect other people's feelings • Learn what we can do to maintain healthy relationships <p>Fr3) Are friendships always fun?</p> <ul style="list-style-type: none"> • Understand that relationships come with a mixture of positive and negative emotions • Appreciate that friendships are not always perfect • Understand that it is normal to disagree with your friends • Develop techniques to deal with conflict within friendships • Understand when a relationship is unhealthy when support is required Key vocabulary 	<p>Fa3) How should we treat people who are different?</p> <ul style="list-style-type: none"> • Understand that all people deserve respect, even if they are different to other people • Appreciate that we all have different abilities and find different things challenging Key vocabulary <p>Fr2) Are all friends the same?</p> <ul style="list-style-type: none"> • Understand that differences in gender, race, religion, culture, sexuality and (dis)ability should not inhibit friendship or cause negative treatment • Discuss the similarities and differences between boys and girls, including basic ideas about gender vs. designated sex (male or female) and non-binary
KEY VOCAB	<p>Fa1 - Foster care, adoption, divorce, break-up, death, grief, illness, disability</p> <p>Fa2 - Religion, race, Islam, Muslim, mosque, prayers, represent, discrimination, same sex</p> <p>Fr1 - Happy, safe, trust, respect, honesty, kindness, generosity, interests,</p> <p>Fr3 - experiences, support, problems, welcome</p> <p>Disagreement, positive and negative emotions, perfect, compromise</p>	<p>Fa3 - Gender, stereotype, sexism bullying, disability, race, religion</p> <p>Fr2 - Ramadan, Islam, Muslim, sex (in terms of male and female), same-sex, gay, straight, bullying, discrimination, non-binary, gender</p>

LIVING IN THE WIDER WORLD - OBJECTIVES	<p>C2) Where do you feel like you belong?</p> <ul style="list-style-type: none"> • Understand that we are all part of a wider community if people, who we rely on • We have a responsibility to support other people in our community when we are able to • Know that we should treat the people in our community with respect - Understand that biological parents (“Tummy mummy” and “birth dad”) are not always the people that look after a child • Appreciate that the people you live with are not always part of your ‘birth family’ (adopted/foster care, carers) Key vocabulary <p>C3) How can we help the people around us?</p> <ul style="list-style-type: none"> • Understand that we have the power and responsibility to make our communities better places to live <p>Os1) Online strangers</p> <ul style="list-style-type: none"> • Understand that people on the internet are not always who they say they are, and may have malicious intentions <p>Os2) Sharing Online</p> <ul style="list-style-type: none"> • Understand that we must keep our personal information safe <p>Os3) Friendship Online</p> <ul style="list-style-type: none"> • Identify how to be kind in online social environments • Understand that peer pressure can make us do inappropriate or unkind things • Understand that friends should behave in a certain way, whether they are online or offline <p>Os4) Personal Information</p> <ul style="list-style-type: none"> • Have a more thorough and sophisticated understanding of personal information - Understand that websites store a lot of our information <p>Os5) Digital Media</p> <ul style="list-style-type: none"> • Become more digitally literate by being able to analyse digital content Key vocabulary <p>Os6) Verifying content</p> <ul style="list-style-type: none"> • Understand that information online must be checked before it is believed • Understand some of the motivations behind putting false things online 	<p>C1) How do we make the world fair?</p> <ul style="list-style-type: none"> • Understand what is meant by ‘the rule of law’ [link to British Values] • Understand the basics of how laws are made and enforced • Appreciate the reasons why we need laws and that these are not always the same for everyone (some people need more protection - for example children) • Appreciate that the world is not fair and it is our responsibility to help those less fortunate • Identify our common values (Link to ‘British Values’) <p>Os1) Online strangers</p> <ul style="list-style-type: none"> • Understand that people on the internet are not always who they say they are, and may have malicious intentions <p>Os2) Sharing Online</p> <ul style="list-style-type: none"> • Understand that we must keep our personal information safe <p>Os3) Friendship Online</p> <ul style="list-style-type: none"> • Identify how to be kind in online social environments • Understand that peer pressure can make us do inappropriate or unkind things • Understand that friends should behave in a certain way, whether they are online or offline <p>Os4) Personal Information</p> <ul style="list-style-type: none"> • Have a more thorough and sophisticated understanding of personal information - Understand that websites store a lot of our information <p>Os5) Digital Media</p> <ul style="list-style-type: none"> • Become more digitally literate by being able to analyse digital content Key vocabulary <p>Os6) Verifying content</p> <ul style="list-style-type: none"> • Understand that information online must be checked before it is believed • Understand some of the motivations behind putting false things online
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KEY VOCAB	<p>C1 - Community, citizen, support, belong, adoption, same-sex, gay, straight</p> <p>C3 - Community, responsibility, acts of kindness</p> <p>Os1 - Strangers, online, deception, social media</p> <p>Os2 - Personal, information, privacy, stranger, trust</p> <p>Os3 - Social media, kindness, cyberbullying, friendship, pressure, behaviour</p> <p>Os4 - Personal, information, identities</p> <p>Os5 - Digital literacy, analyse, content, media, headlines, features, tabloid, broadsheet</p> <p>Os6 - Content, media, advertising, fake news, theories</p>	<p>C2 - laws, government, vote, rights, police, fair, equal, equality</p> <p>Os1 - Strangers, online, deception, social media</p> <p>Os2 - Personal, information, privacy, stranger, trust</p> <p>Os3 - Social media, kindness, cyberbullying, friendship, pressure, behaviour</p> <p>Os4 - Personal, information, identities</p> <p>Os5 - Digital literacy, analyse, content, media, headlines, features, tabloid, broadsheet</p> <p>Os6 - Content, media, advertising, fake news, theories</p>
HEALTH & WELL-BEING - OBJECTIVES	<p>M1) How do I manage my feelings?</p> <ul style="list-style-type: none"> • Understand the range and depth of feelings that we all experience • Learn strategies to deal with these feelings and know when to seek support • Understand that we have responsibilities for some things but cannot control everything Key vocabulary <p>P1) How do I keep my body healthy?</p> <ul style="list-style-type: none"> • Understand the reasons why active lifestyles and healthy diets can have a positive effect on our lives • Appreciate that they need to balance choices that are 'good for them' and choices that bring joy • Know how to make informed choices about the activities they do and the things they eat • Getting enough sleep (what might stop you from getting the right amount?) Key vocabulary <p>P3) How do I stop getting ill?</p> <ul style="list-style-type: none"> • Understand the importance of hygiene, especially hand washing • Understand the dangers of diseases caused by the sun how to stay safe from these 	<p>M2) Are we happy all the me?</p> <ul style="list-style-type: none"> • Understand the range of negative emotions that we can have • Learn what to do if we experience low moods - Build self-esteem Key vocabulary <p>P3) How do I stop getting ill?</p> <ul style="list-style-type: none"> • Understand the importance of hygiene, especially hand washing • Understand how to keep our teeth healthy • Understand the dangers of diseases caused by the sun how to stay safe from these <p>P4) How do I save a life?</p> <ul style="list-style-type: none"> • Know basic first aid techniques • Understand how to react in emergency situations • Understand when and how to make an emergency 999 call
KEY VOCAB	<p>M1 - Responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress</p> <p>P1 - Active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance</p> <p>P3 - Germs, bacteria, virus, hygiene, infection</p>	<p>M2 - feelings, emotions, sadness, depression, anger, happiness, love, self-esteem</p> <p>P3 - Germs, bacteria, virus, hygiene, infection</p> <p>P4 - First Aid, emergency</p>