

**St Bede's Catholic Primary School**



**Progress in Relationships Education, Relationships  
and Sex Education and Health Education**

**Early Years to Key Stage Two**

	EYFS	KS1	LKS2	UKS2
Moral	<b>I can:</b> Say 'please' and 'thankyou'	<b>I can:</b> Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting	<b>I can:</b> Be courteous, showing good manners at home and in school	<b>I can:</b> Be courteous in my dealings with friends and strangers
	Say 'sorry'	Be forgiving, able to say sorry to mend relationships	Be forgiving, able to say sorry and not hold grudges against those who have hurt me	Be forgiving, developing the skills to allow reconciliation in relationships
	Talk about the good things in my life	Give thanks for the good things in my life	Be grateful to others for the good things in my life	Demonstrate my gratitude to others for the good things in my life through words and actions
		Look after myself and show respect to others	Be respectful of myself and others, recognising differences	Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)
		Be honest, able to tell the truth about my actions	Be honest, able to be truthful in my relationships with others	Be honest, striving to live truthfully and with integrity, using good judgement
	Be patient when I do not always get what I want straight away	Accept that I do not always get what I want	Accept that I do not always get what I want and show an awareness of why this is	Be self-disciplined and able to delay or even deny myself
	Show care for others	Be caring, aware of the needs of others	Be caring, aware of the needs of others and responding to those needs	Be compassionate, able to empathise with the suffering of others and displaying the generosity to help

	EYFS	KS1	LKS2	UKS2
Spiritual	<b>I know:</b> That I am made by God	<b>I know:</b> That I am special because I am made and loved by God	<b>I know:</b> That life is precious and given by God	<b>I know:</b> That we are all children of God and made in God's image and likeness
	That God loves me and I can talk to God through prayer	That prayer is listening to God as well as talking to Him	That I can spend time with God in prayer by myself and with others which helps me in life	That prayer and worship nourish my relationship with God and support my relationships with others
	That Jesus cares for me and I am part of God's family	That Catholics belong to the Church family and that Jesus cares for all	That belonging to the Church family means that I should love other people in the same way as Jesus does	That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)
	That Jesus tells us to love one another	That Jesus tells us to forgive one another	That following Jesus' teaching on forgiveness can help me in my relationships my friends	The importance of forgiveness and reconciliation in relationships and the challenges involved in following Jesus' teaching on forgiveness
	What I am good at	That I have individual gifts, talents and abilities, given by God	That God wants me to use my individual gifts, talents and abilities	That each person has a purpose in the world and that God has created me for a particular purpose which involves commitment and self-giving (vocation)

	EYFS	KS1	LKS2	UKS2
Physical	<b>I know:</b> That I am living and growing	<b>I know:</b> That babies change and grow and that there are life stages from conception to death	<b>I know:</b> That my body is changing as I grow and some of the changes that occur throughout life	<b>I know:</b> The changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty
	That a baby grows inside its mother's womb before birth	That a baby moves as it grows in its mother's womb	How a baby grows and develops in its mother's womb	About the week by week development of the baby in its mother's womb
	<b>I can:</b> Identify living things	<b>I can:</b> Identify the needs of people and other living things	<b>I can:</b> Describe the needs of people and other living things, including the need to reproduce	How human life is conceived in the womb, including the language of sperm and ova and about the nature and role of menstruation in the fertility cycle
	Name similarities and differences between myself and others	Describe the similarities and differences between different people (general)	Describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions	About the differences between boys and girls with regard to puberty and reproduction
	Keep clean by washing and drying my hands	Say what I should do to keep my body healthy, (exercise, food, teeth, sleep, keeping clean)	Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene	About the impact that poor lifestyle choices can have on my health including physical activity, dental health, healthy eating, sleep, hygiene, drugs and alcohol. The facts and science relating immunisation and vaccination
		Describe how to keep safe in the sun	Describe how and why to keep safe in the sun	About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage

	EYFS	KS1	LKS2	UKS2
Emotional	<b>I know:</b> What I like and dislike	<b>I know:</b> That we all have different likes and dislikes	<b>I can:</b> Confidently say what I like and dislike	<b>I can:</b> Be confident in my relationships with my peers in various situations, including online
		That how I act can have consequences	<b>I know:</b> That some behaviour is unacceptable	<b>I know:</b> That some behaviour is unacceptable, unhealthy or risky
	<b>I can:</b> Say how I feel at different times	<b>I can:</b> Name happy and sad times in my life	<b>I can:</b> Describe the wider range of my feelings	<b>I can:</b> Describe how my emotions may change and intensify as I grow and move through puberty
			Describe changes that happen in life e.g. loss, separation, divorce and bereavement	Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement
		Manage my feelings and behaviour	Cope with natural negative emotions and show resilience following setbacks	Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges
		Talk about my mood and know that how I am feeling is a normal part of daily life	Describe some ways to maintain good mental health (exercise, diet, sleep, company)	Describe the impact that poor lifestyle choices can have on mental health and how exercise, fresh air, company (including helping others), hobbies, good diet and sleep can support mental well-being.

	EYFS	KS1	LKS2	UKS2
Social	<b>I know:</b> Who can help me in school	<b>I know:</b> Who to go to if I am worried or need help	<b>I know:</b> That I can go to a number of different people for help in different situations.	<b>I know:</b> That there are a number of different people and organisations I can go to for help in different situations and how to contact them
	That I belong to a family and can name my family members	That healthy families love, care and protect one another and that there are different family structures and these should be respected.	That there are different types of relationships including those between acquaintances, friends, relatives and family	About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and <u>beyond</u> , respecting diversity
	When people are being unkind to me and others and how to respond	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond	What bullying is (including cyber-bullying) and how to respond	How to report and get help if I encounter inappropriate materials or messages
		How my behaviour affects other people and that there are appropriate and inappropriate behaviours	That not all images, language and behaviour are appropriate	How to use technology safely
		Recognise the characteristics of positive and negative relationships	The difference between good and bad secrets	How to make informed choices in relationships
		How to use simple rules for resisting pressure when I feel unsafe or uncomfortable	How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online	That my increasing independence brings increased responsibility to keep myself and others safe

	EYFS	KS1	LKS2	UKS2
	<b>I can:</b> Identify special people (family, carers, friends) in my life	<b>I can:</b> Recognise what makes people special	<b>I can:</b> Show care and concern for the special people in my life	<b>I can:</b> Show care and concern for the special people in my life and put their needs before my own
	Show friendly behaviour towards others	Be friendly and can make friends	Be friendly, able to make and keep friends.	Be loyal, able to develop and sustain friendships
		Recognise that I belong to a variety of communities locally, nationally and globally	Show concern for the communities to which I belong, aware that my behaviour has an impact upon them	Be just and fair, acting with integrity to show understanding of the impact of my actions locally, nationally and globally
	Ask questions about the wider world	Show awareness of differences between my life and others in the wider world	Identify injustices in the wider world	Speak out about injustice in the wider world and what I can do to help
		Get <u>adult help</u> if someone is hurt	Make a clear and efficient call to emergency services if necessary	Describe some basic first-aid, dealing with common injuries