



Gawber Primary School



Relationships, Health and Sex Education Progression Document 2021

Healthy and happy friendship

	Objective	Resources/video	Vocabulary	Lessons
FS 2	Making friends and getting along	Making friends and getting along topic- Cbeebies videos	friend, friendly, kind, happy, sad, unkind, share, help	Circle time, Continuous provision and literacy
Year 1	What makes a happy friendship	A new class	friend, friendly, kind, happy, sad, unkind, share, welcoming, kindness, worries, help, trust	1. Friends 2. Kindness 3. Getting along, sharing and turn taking
Year 2	What makes a happy friendship and being a good friend	Friends at first	happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust	1. What makes a happy friendship? 2. Personal boundaries 3. Worries
Year 3	Being a good friend and solving friendship difficulties	The friendship tree	friend, respect, values, touch, private, privacy, resilience, encouragement	1. What makes a good friend? 2. Personal space 3. Resilience
Year 4	Solving friendship difficulties and changing friendships	Peer mediators	friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission	1. Qualities of a good friend 2. Solving friendship difficulties 3. Personal boundaries and permission
Year 5	Changing friendships and relationships	Changing friendships	identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety	1. identity 2. Peer pressure 3. Emotional health and wellbeing
Year 6	Relationships and feelings	Moving on	personal safety, risk, consequences, friends, change, relationships, emotions, feelings	1. Personal safety 2. Relationships and change 3. Wider emotions

Similarities and Differences

	Objective	Resources/video	Vocabulary	Lessons
FS 2	Recognising our strengths	Literacy text- I Don't Like Peas and cbeebies resources (as part of the Food Glorious Food topic)	Special, different, likes, dislikes, same	Circle time, Continuous provision and literacy
Year 1	Recognising our strengths and respecting differences	What makes us special	similarity, difference, special, unique, strengths, abilities	1. I am special 2. Who I am makes me unique 3. We don't all feel the same way
Year 2	Strengths, abilities and stereotypes	What can you tell?	strengths, abilities, gender, stereotype, qualities	1. My strengths and abilities 2. Stereotypes 3. Whose job?
Year 3	Valuing and respecting one another	You can do anything	different, equal, respect, community, values, diversity, customs, respect, feelings, values	1. Different but equal 2. Our school community 3. Valuing one another and considering people's feelings
Year 4	Identity and diversity	Celebrating diversity	diversity, stereotypes, judge, judgement, point-of-view, opinion, disagree, agree	1. Being British 2. Making a judgement 3. A different point of view
Year 5	Celebrating strengths and setting goals	See me for who I am	Strengths, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety	1. Strengths and abilities 2. Setting goals 3. Online safety
Year 6	Respectful behaviour online and offline	Noah Boundaries	online identity, communication, risk, online bullying, diversity, inclusive, differences	1. Identity online 2. Online bullying 3. Identities and belonging

Caring and responsibility

	Objective	Resources/video	Vocabulary	Lessons
FS 2	Special people in our lives	Special people in our lives. Cbeebies video and visits (police, nurse etc)	Job, adults, parents, grandparents, brother, sister, important, police, teacher, firefighter, doctor, nurse, ambulance	Literacy- link to Burglar Bill story
Year 1	Special people at home and school	A special person trophy	special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe	1. My special people 2. How our special people care for us 3. Keeping safe
Year 2	Special people in our communities	My community	community, kindness, understanding, help, community helpers, trusted adult, signs, difference, similarity, respect	1. Community helpers 2. When we need help 3. Our communities and groups
Year 3	Responsibility and boundaries	Anita Care-More	responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding	1. Being responsible 2. Responsibility and personal space 3. Caring and empathy
Year 4	Rights and responsibilities	Being responsible	rights, responsibilities, respect, opportunities, entitled, agreement, rights, convention, United Nations, roles, responsibilities	1. Our rights, our responsibilities 2. The UN Convention on the Rights of the Child 3. Family roles and responsibilities
Year 5	Caring in the community	Caring for one another	care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement	1. Changing needs 2. Feeling lonely 3. Why volunteer
Year 6	Responsible behaviour as we get older	Changes at secondary school	Strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, independence, networks	1. Taking care of myself 2. Looking after my money 3. Transition to secondary

Families and committed relationships

	Objective	Resources/video	Vocabulary	Lessons
FS 2	My family	Amazing me- Cbeebies video	Family, sister, brother, mum ,dad, grandparents	Circle time, Continuous provision and literacy
Year 1	The importance of family	My family	family, important, differences, similarities, happy, special, superhero	1. My family 2. Our families 3 .Superhero families!
Year 2	The diversity of families	Different families	family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions	1.Who is in a family? 2.A happy family 3.Families of all kinds
Year 3	Different types of committed relationships	Belonging together	commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce	1. Commitment and marriage 2.All change! 3. Family changes: when parents separate
Year 4	Families and other relationships	Spoiling the fun?	relationships, appropriate, behaviour, belonging, membership, together, family	1.Different relationships boundaries & behaviour 2.Belonging 3.Caring families
Year 5	Healthy committed relationships	What is Love?	relationships, healthy, diversity, commitment	1.Values of healthy Relationships 2.Diversity in relationships 3.It's all about commitment
Year 6	Starting a family (sex education)	Starting a family	sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe	1.Starting a family 2.The impact of having a baby 3.When is it right?

Healthy bodies, healthy minds

	Objective	Resources/video	Vocabulary	Lessons
FS 2	My body	NSPCC- pants video	Private, body, body parts, boy, girl, difference	Science and topic lessons
Year 1	My amazing body	Our bodies	body, healthy, private, similar, different, health, healthy choices	1.My amazing body 2.Private body parts (correct terminology) 3.Looking after our bodies
Year 2	Staying safe and healthy	Where would you go for help?	healthy, feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind	1.Healthy feelings 2.Staying safe at home 3.Feeling poorly
Year 3	Sleep, food and hygiene	Healthy habits	health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand wash	1.The power of sleep 2.Making healthy food choices 3.Germs!
Year 4	Influences and personal choices	Dealing with feelings	influence, pressure, persuade, healthy choices, consequence, responsibility, feelings, emotions	1.Healthy influences 2.Making healthy choices 3.Dealing with feelings
Year 5	Valuing our bodies and minds	Finding your calm	self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic	1.Valuing ourselves 2.Alcohol, tobacco and drugs 3.Keeping well
Year 6	Being the best me	Ask the expert: picturing myself	self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind	1.Being the best me 2.Social media and wellbeing 3.Taking care of our mental health

Coping with Change

	Objective	Resources/video	Vocabulary	Lessons
FS 2	Me as a baby (part of Amazing Me topic)	Photos of children as babies	Change, baby, growing, toddler, child, teenager, adult, grown up	Science and literacy lessons (inked to text)
Year 1	Growing and changing	How I have changed	Growing, adults, babies, change, older, growing up, jobs, future	1. Animal babies 2. How have we changed? 3 .A future me
Year 2	Growing up and setting goals	Three generations	growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future	1. When I am older 2. Looking at the changes ahead 3. Goals
Year 3	Coping with feelings when things change	When Bailey's dog died	changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions	1.New changes 2. Feeling sad and showing empathy 3 .Happiness
Year 4	Puberty and hygiene	Sweat, soap and showers	puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health	1. What is puberty? 2. Understanding periods 3. Keeping clean as we grow and change
Year 5	Puberty and emotions	Elise explains: Periods	Hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control	1. Puberty 2. Puberty and emotions 3. Emotional changes: managing well
Year 6	Coping with the emotional effects of life changes	Ask the expert: puberty	Body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect	1 Body image 2. Puberty and changing Relationships 3 .Moving on