

Ready to Progress in RSHE and PSHE



Keeping Safe

EYFS	Children can name 5 people who can help to keep them safe.
Year 1	Children give ways in which to stay safe crossing the road (e.g. looking both ways, crossing at a pedestrian crossing etc).
Year 2	Children can safely tie their shoelaces.
Year 3	Children can recognise a range of warning signs and explain their meaning.
Year 4	Children can create a set of rules, identifying ways in which to keep themselves and others safe.
Year 5	Children can explain what peer pressure is and articulate ways to overcome this.
Year 6	Children can recognise what dangerous situations are (such as knife crime, county lines) and can articulate safe ways to deal with this, referencing who they would go to for help and why.



Relationships

EYFS	- Children can give examples of times when they/ others have shown kindness. - Children can explain which parts of their body are private. - Children know that 'no means no.'
Year 1	- Children can name different types of relationships/ families - Children know the meaning of consent.
Year 2	- Children know what bullying is. - Children know the meaning of respectfulness.
Year 3	- Children understand the meaning of appropriate and inappropriate touch and can explain personal boundaries. - Children know the meaning of the tolerance.
Year 4	- Children can explain what can make a relationship either a healthy or unhealthy one and can explain ways in which they can help someone who feels uncomfortable in a relationship. - Children can articulate ways in which they may help to improve their own mental wellbeing.
Year 5	- Children understand what puberty is and can explain what changes may happen to the body and who they can go to for help and support during this time. - Children can explain what individual liberty is.
Year 6	- Children can explain the terms 'conception' and 'reproduction' and can explain the various ways in which an adult can have a child. - Children can explain the laws around consent. - Children show a good knowledge of the Gawber Rules of Law and British Values and can give examples of where this can be seen in school.



Being responsible

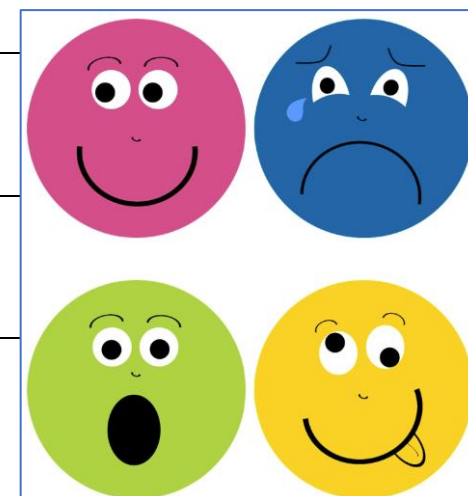
EYFS	Children can give examples of times when they have helped another person.
Year 1	- Children can explain what it means to be responsible and can give examples of when they have done this and how this responsibility might change as they grow up. - Children can give examples of how to be polite.
Year 2	- Children can talk about how to improve at an activity/sport by discussing perseverance, setting goals and practising. - Children can give examples of what being fair means.
Year 3	- Children can explain the difference between borrowing and stealing and the consequences of this. - Children can give examples of when they and others have been fair and polite.
Year 4	- Children understand situations in which timekeeping is important and how this can impact my future. - Children can explain the term 'equality.'
Year 5	- Children know that people have different perspectives and understanding their motives can help us understand their actions. - Children know that they should take action if they feel someone is being unkind to another. - Children can explain why treating people fairly doesn't always mean that we treat people the same. - Children can explain the term 'discrimination' giving examples.
Year 6	- Children can explain the term 'stereotypes' and LGBTQ+ and explain how they can prevent future discrimination. - Children can explain different types of special educational needs and explain how these might present themselves. - Children can explain the laws around consent. - Children show a good knowledge of the Gawber Rules of Law and British Values and can give examples of where this can be seen in school.



- Children can talk about leadership roles they have had during their time at Gawber and explain what impact their role had on the school.

Feelings and emotions

- | | |
|--------|--|
| EYFS | <ul style="list-style-type: none"> Children can say what they think makes them special. Children can explain what the word 'happy' means and give examples of this. Children can explain what the word 'sad' means and give examples of this. |
| Year 1 | <ul style="list-style-type: none"> Children can explain what the word 'jealousy' means. Children show an awareness of different emotions and list a range (e.g. happy, sad, excited, upset etc) |
| Year 2 | <ul style="list-style-type: none"> Children can explain what the word 'angry' means. Children can explain what the word 'worry' means. Children can name some physical effects of emotions (e.g. happy = smiling, upset = crying, worried = feeling sick) |
| Year 3 | <ul style="list-style-type: none"> Children can explain what the word 'grief' means and give examples of this. |
| Year 4 | <ul style="list-style-type: none"> Children can explain what the word 'jealousy' means and give examples of this. Children can give examples of how jealousy can be managed. |
| Year 5 | <ul style="list-style-type: none"> Children can explain what the word 'angry' means and give examples of this. Children can suggest a range of strategies to help deal with this feeling. |
| Year 6 | <ul style="list-style-type: none"> Children can explain what the word 'worry' means and give examples of this. Children can suggest a range of strategies to help deal with this feeling. |



Computer safety



	Computer safety	
EYFS	- Children know that you should never speak to a stranger on the internet. - Children know to talk to an adult if something unexpected happens when using a device	
Year 1	- Children know that they should keep personal information and passwords private. - Children know who they can go to if they are concerned about something online.	
Year 2	- Children know the risks of sharing images without permission. - Children know how things can be shared electronically (such as text message, email) and know how to search for something safely. - Children know who to talk to if they think online behaviours are inappropriate.	
Year 3	- Children can articulate the dangers of speaking with strangers online and know ways in which to keep themselves safe if such an occasion arises. - Children know more than one way to report unacceptable online behaviours.	
Year 4	- Children know a range of ways in reporting inappropriate content and contact. - Children understand the term 'online bullying' and ways in which to report this.	
Year 5	- Children know reasons for sharing images online and the dangers of this. - Children relate online behaviour to the right to personal privacy and the mental wellbeing of themselves and others. - Children can list the age restrictions on popular applications	
Year 6	- Children can list the age restrictions on popular applications and explain reasons for this. - Children know that people online may not always be who they say they are and how to protect themselves in this situation. - Children can offer advice in how to stay safe online to their peers.	

--	--

	The world
EYFS	- Children can name ways in which we can care for our planet, such as putting rubbish in the bin. - Children know what the weather is like and can explain how to dress appropriately for this.
Year 1	- Children know that at different stages of your life you will need different things and will give examples of this such as the needs of a baby in comparison to the needs of an adult. - Children can explain the ways in which human activity can influence the beach environment.
Year 2	- Children can explain ways in which to keep our communities and countryside clean. - Children can explain how to look after living things both inside and outside of the home. - Children know ways that they can keep money safe.
Year 3	- Children can explain the meaning of 'reduce, reuse and recycle' and can give examples of these. - Children understand the terminology 'carbon footprint.' - Children can offer ways in which to improve our local environment, taking into consideration climate change, renewable energy and sustainability.
Year 4	- Children can suggest skill needed to be successful in different jobs, referencing jobs they may like to do in the future and commenting on the skills they would need. - Children can suggest ways in which to take care of the rainforest and how this could impact climate change.
Year 5	- Children can explain the concept of making, budgeting and saving money. - Children can explain the impact climate change is having on different biomes and suggest ways in which we can make changes.



Year 6	- Children can explain various money related terminology, commenting on the impact of spending money without permission and the use of technology regarding money. - Children can suggest strategies for saving money. - Children can explain what fair trade means.
--------	--

	Fire safety
EYFS	- Children know where to go if they hear a fire bell in school. - Children know that 999 is an emergency contact number and a fire officer can help in the care of a fire.
Year 1	- Children can explain why adults should handle fireworks and that they should attend bonfires run by organisations as they are safe. - Children can explain what a hoax call is and why this is dangerous.
Year 2	Children know that a fire of any size has potential dangers and that fires can spread very quickly, suggesting ways in which to stop a fire from spreading.
Year 3	- Children know what information to give in a 999 call. - Children can explain how to stay safe around a fire.
Year 4	Children can list the measures in place to keep us safe from a fire and explain why you must never go back into a burning building.
Year 5	Children can explain how fires can be started safely and the reasons for this and compare it to ways in which fires may have started accidentally and give suggestions in how to deal with this.
Year 6	- Children can explain how our school building and other buildings keep us safe in the event of a fire. - Children can explain how to prevent fires from starting/spreading.



	First aid
EYFS	Children know who to go to in school if they are injured and that if they need medical help they can go to see a doctor or nurse at the doctors surgery or the hospital.
Year 1	- Children can explain the benefits of medicine to heal people. - Children can explain the benefits of keeping clean.
Year 2	Children know that the adults in school are trained in first aid and who they would go to if they were injured.
Year 3	Children know how to take medicines safely and with the aid of an adult, suggesting some ways that they can help to feel better.
Year 4	- Children can identify when first aid is necessary, knowing the treatment for someone who is struggling to breathe. - Children recognise the signs of an allergic reaction or an asthma attack.
Year 5	- Children can demonstrate the recovery position. - Children know how to deliver CPR.
Year 6	Children can identify a range of situations where first aid would be necessary and can share their knowledge of how to deal with such situations (such as the care of a heart attack, a minor/severe bleed, a fractured bone, a minor burn, a head injury).



Road and rail safety

EYFS	- Children know to stop, look and listen when crossing a road, continually checking left and right as they cross. - Children know to stand behind the yellow line on a train platform.
Year 1	- Children can identify a range of safe places to cross the road. - Children know that there are safety signs and announcements to keep us safe at the train station.
Year 2	- Children can cross the road safely with some support from an adult, choosing the safest place to cross. - Children know what a level crossing is and can explain what the sounds and lights indicate.
Year 3	- Children can cross the road safely, choosing appropriate places to cross and requiring minimal support from an adult. - Children know that crossing a railway is dangerous.
Year 4	- Children can explain what strategies can be used when riding bikes on the road to keep them safe. - Children can explain the role electricity plays on the railway and why this can be dangerous.
Year 5	- Children can ride a bike safely on the road, stopping and starting correctly, passing stationary vehicles and turning using correct hand signals. - Children understand that trespassing on the railway is illegal.
Year 6	- Children know what the Green Cross Code is and can identify hazards to pedestrians. - Children know how to catch a train safely, taking into account all safety procedures in place (signs, signals, yellow line, level crossing, transport police etc).



Democracy

EYFS	- Children know that our country has a King. - Children know that they can have a vote on certain things in school and will take part in voting when encouraged.
Year 1	- Children know that our country has a monarch and over time this may have been a King or Queen. - Children will take part in voting in the classroom.
Year 2	- Children know who our Prime Minister is. - Children can explain the role of a monarch. - Children know that Gawber School has a School Council.
Year 3	- Children will take part in a School Council vote and understanding how and why this is 'anonymous.' - Children make their own decisions about right choices and justify their reasons for this.
Year 4	- Children can name at least one political party. - Children know that Gawber School has a School Council and that they are the 'voice of the children' who will listen to their suggestions and help to make changes to the school. - Children know that different political parties can have different views.
Year 5	- Children know that democracy means 'rule by the people' and can name ways in which they can have their voice heard in school. - Children can name more than one political party and the leaders of the party.
Year 6	Children can talk about leadership roles they have had during their time at Gawber and explain what impact their role had on the school.



- Children explain that democracy is important for maintaining law and order.
- Children know that there is a difference between a national and a local government.

	Water safety
EYFS	• Children know that water can be dangerous and must stay with an adult when entering water.
Year 1	• Children are aware of the water safety code and can give some examples of how to stay safe in the water.
Year 2	• Children can give examples of how to stay safe in familiar water and unfamiliar water.
Year 3	• Children know the water safety code.
Year 4	• Children know how to stay safe at the swimming pool and demonstrate this knowledge during their swimming lessons.
Year 5	• Children know that there are places that you must not swim such as a reservoir.
Year 6	• Children can talk about the hidden dangers of waters and can explain in detail how to stay safe, referencing the water safety code and referring to people who can help us such as a lifeguard/ RNLI.

