RSE – Progression of Skills

Year 3 – Developing Understanding and Building Foundations

Lower Key Stage 2 | Ages 7–8

Relationships and Respect

- Contribute positively to small-group discussions and establish shared classroom ground rules.
- Identify trusted adults who can offer support when discussing growing up and relationships.
- Recognise the importance of personal boundaries and respecting the boundaries of others.
- Identify qualities of a good friend and recognise behaviours that are not characteristic of a positive friendship.
- Understand that families can be different while recognising what many families have in common.
- Identify someone they can talk to if they have concerns or worries about family life.

Health and Wellbeing

- Recognise personal strengths and identify things they are good at.
- Understand the meaning of self-esteem.
- Identify strategies to improve their mood and emotional wellbeing.
- Understand the benefits of physical activity for both physical and mental health.
- Recognise the importance of daily exercise.
- Understand the benefits and dangers of the sun and identify ways to protect themselves.

Keeping Safe

- Correctly identify and label personal and private body parts.
- Understand the difference between safe and unsafe touch.
- Recognise that nobody has the right to touch their body in a way that makes them feel unsafe.
- Identify trusted people who can provide help and support, both online and offline.
- Develop an awareness of how to report concerns using CEOP.

Healthy Lifestyles

- Identify healthier snack choices and explain their decisions.
- Read and interpret food labels to identify sugar content.
- Understand the potential risks associated with an unhealthy diet.

Year 4 – Developing Awareness and Making Safer Choices

Lower Key Stage 2 | Ages 8–9

Relationships and Respect

- Explain what stereotypes are and recognise that they can be harmful.
- Participate in discussions and respond respectfully to opinions that differ from their own.
- Develop an understanding of gender stereotypes and how these can influence aspirations.
- Revisit personal boundaries, private body parts and the difference between safe and unsafe touch.
- Recognise the importance of respecting their own bodies and the bodies of others.

Health and Wellbeing

- Recognise positive aspects of their bodies and develop a positive body image.
- Understand the importance of personal hygiene as they grow older.
- Explain how germs spread and identify effective hygiene practices, including handwashing.
- Understand the importance of quality sleep and the benefits it provides.
- Recognise how sleep patterns change and identify routines and strategies that support good sleep.
- Develop strategies to cope with challenges and understand where to seek help and support.
- Identify skills and interests that can contribute to positive wellbeing.

Keeping Safe

- Understand what risk means and recognise that some risks are positive while others require careful consideration.
- Begin to assess risks and identify ways to keep themselves safe.
- Develop confidence in saying no to situations or activities they do not want to participate in.
- Use the 'Stop, Think, Go' strategy to consider options when feeling unsafe.
- Identify trusted people who can provide support online and offline.
- Develop an understanding of how to report concerns using CEOP.

Online Safety and Digital Wellbeing

- Identify positive and negative aspects of using the internet.
- Recognise that information shared online is not always accurate or truthful.
- Identify signs and dangers associated with online scams.
- Understand age restrictions relating to social media and online gaming.
- Recognise potential risks associated with online gaming, including addictive behaviours.
- Understand how social media can affect mental health and identify strategies to manage feelings arising from online activity.

Healthy Lifestyles

- Understand the importance of oral hygiene.
- Explain how consuming too much sugar can cause tooth decay.
- Identify ways to maintain healthy teeth and gums.

Year 5 – Building Confidence, Independence and Responsibility

Upper Key Stage 2 | Ages 9–10

Relationships and Respect

- Understand that healthy relationships require consideration of the needs of different people.
- Explain the difference between assertive and controlling behaviour.
- Demonstrate kindness towards others while recognising the importance of looking after themselves.
- Explain how healthy friendships and relationships make people feel.
- Compare online friendships with relationships developed face to face.
- Recognise online and offline bullying and identify appropriate ways to respond and seek help.
- Identify the qualities of a positive friendship and distinguish between safe and unsafe secrets.

- Recognise when friendships cause unhappiness or discomfort and understand the importance of asking for help.
- Explain what peer pressure means and develop confidence in saying no.
- Understand the meaning of consent and recognise verbal and non-verbal consent.
- Practise asking for, giving and withdrawing consent.
- Understand the importance of choice, control and time limits when making safer decisions about physical contact.
- Understand what misogyny means, recognise it in everyday life and begin to challenge misogynistic behaviours and actions.

Health and Wellbeing

- Understand the meaning of wellbeing and explain the relationship between physical and mental health.
- Recognise that experiencing worry or feeling low is a normal part of life and does not automatically mean someone has a mental health problem.
- Identify ways to improve and maintain positive mental wellbeing.
- Understand the benefits of exercise and explain how physical activity affects the body.
- Recognise the importance of daily exercise and identify a range of activities that promote physical fitness.
- Identify situations and experiences that may cause loneliness.
- Understand how loneliness can affect feelings and behaviour.
- Develop strategies to manage loneliness, maintain meaningful connections and support others.
- Recognise signs that someone may be becoming ill and identify common allergies.
- Understand how vaccinations protect people against a range of diseases and illnesses and explain why immunisation is important.

Keeping Safe

- Understand the risks associated with sharing photographs and videos online.
- Recognise their rights relating to personal information and online privacy.
- Understand the law surrounding the sharing of images of children's private body parts.
- Identify ways to support a friend who has made a mistake online.
- Revisit online risks, including scams, misinformation, age restrictions and the potential risks of online gaming.
- Understand where to seek help and support, including how to access Childline.
- Identify trusted adults and other sources of support using their personal helping hand.
- Understand that no concern is too small or too serious to share with someone they trust.

Online Safety and Digital Wellbeing

- Recognise that information online may not always be accurate or trustworthy.
- Identify positive and negative aspects of internet use.
- Explain how social media can negatively affect mental health.
- Develop strategies to manage emotions and feelings arising from online experiences.

Year 6 – Preparing for Secondary School and Adulthood

Upper Key Stage 2 | Ages 10–11

Relationships, Identity and Respect

- Identify the different factors that contribute to personal identity.
- Explain the meaning of prejudice and recognise how it can affect individuals and groups.

- Understand the meanings of gender and sexual orientation.
- Explain what discrimination means.
- Understand that the Equality Act protects different groups of people.
- Identify ways to challenge prejudice and discriminatory behaviour.
- Understand why people may choose to marry or enter a civil partnership.
- Recognise that relationships can bring happiness, meaning and personal development.
- Understand that marriage is often marked through special ceremonies, promises and traditions within Christianity and other faiths and beliefs.

Growing Up and Puberty

- Identify and describe physical changes that occur during puberty.
- Recognise that people experience changes at different times.
- Identify trusted people who can provide advice and support during puberty.
- Understand what menstruation is and suggest ways to manage potential challenges associated with periods.
- Understand what wet dreams are and recognise that not everyone experiences them.
- Identify ways to manage wet dreams.
- Understand what masturbation means.

Sex Education and Reproduction

- Describe how fertilisation can occur through sexual intercourse.
- Explain how a baby is made and recognise that people may use different methods to conceive.
- Understand the meaning of consent and know the age of consent.
- Recognise that some people need medical assistance to become pregnant.
- Explain why assisted fertility may be needed.
- Describe the difference between identical and non-identical twins.
- Understand the average length of pregnancy and why it lasts approximately 40 weeks.
- Identify foods and substances that should and should not be consumed during pregnancy.
- Describe the process of childbirth.

Healthy Lifestyles and Risk Awareness

- Understand the facts about smoking and vaping and identify associated health risks.
- Explain the effects alcohol can have on the body and understand the meaning of alcohol units.
- Recognise that all drugs carry potential risks.
- Identify the risks and effects associated with drug use.
- Understand that some drugs are illegal to own, use or supply to others.
- Assess levels of risk in different situations involving drugs.
- Recognise that drugs can affect individuals in different ways.
- Understand that drug use can develop into an unhealthy habit that may be difficult to break and recognise that support is available.
- Identify where to report concerns about drug use.

Mental Health, Loss and Bereavement

- Understand what bereavement means.

- Recognise that change and loss can trigger a range of emotions.
- Understand that everyone experiences grief differently and that this is natural.
- Identify where and how to access support when experiencing grief or loss.

First Aid and Emergency Awareness

- Identify situations in which someone may require first aid.
- Understand the importance of reporting accidents and incidents.
- Demonstrate how to make a clear call to the emergency services.
- Understand basic first-aid principles, including how to respond to common injuries such as head injuries.

Progression Across Key Stage 2

Throughout Years 3–6, children revisit and build upon key areas of learning, developing greater confidence, independence and responsibility.

Area of learning	Progression
Relationships	From recognising positive friendships and family relationships to understanding peer pressure, consent, equality and discrimination.
Personal safety	From identifying private body parts and trusted adults to assessing risk, understanding online safety and making informed decisions.
Health and wellbeing	From recognising personal strengths and healthy habits to understanding mental health, puberty, substance misuse and bereavement.
Online safety	From recognising positive and negative online experiences to understanding privacy, online images, misinformation and the impact of social media.
Healthy lifestyles	From understanding exercise, diet and hygiene to recognising the risks associated with smoking, vaping, alcohol and drugs.
Independence	From identifying trusted adults and asking for help to making informed decisions, supporting others and responding appropriately in emergencies.

Our Intended Outcome

By the end of Year 6, children will have developed the knowledge, confidence and practical skills needed to make informed decisions about their health, relationships and personal safety. They will understand how to seek help, respect others, recognise risks and take increasing responsibility for their own physical and emotional wellbeing as they prepare for the transition to secondary school.