



# Old Dalby C of E Primary School

## Subject Progression

### Relationships and Sex Education

Statements in blue relate directly to our Christian values education.

Vocabulary in purple relate to our Routes to Resilience Character Muscles.

#### EYFS

<ul style="list-style-type: none"> <li>- Know that other children don't always enjoy the same things, and are sensitive to this.</li> <li>- Confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities.</li> <li>- Say when they do or don't need help.</li> <li>- Talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable.</li> <li>- Work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</li> <li>- Play cooperatively, taking turns with others.</li> <li>- Take account of one another's ideas about how to organise their activity.</li> <li>- Show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Confidence Relationship Turn taking Routine Rules Expectations Friends Family Emotions Concentration Independence Respect Making links Questioning Problem solving Friendship Kindness Confidence Co-operation Forgiveness</p>
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#### Year 1

<p><b>Kind hearts:</b></p> <ul style="list-style-type: none"> <li>- What family means</li> <li>- Who are the people who can support them</li> <li>- What friendship is</li> <li>- How to take turns</li> <li>- Simple self-care techniques, personal hygiene to prevent health and well-being problems</li> <li>- Can play with a group of children and share resources (F)</li> <li>- Can accept that they, and others, can have more than one friend (F)</li> </ul> <p><b>Courageous Spirits:</b></p> <ul style="list-style-type: none"> <li>- Development and practice of resilience</li> <li>- The importance of honesty and truthfulness</li> <li>- Keeping passwords private</li> <li>- Can be independent and have a go at tasks on their own (C)</li> <li>- Know how to stay safe within our community (Com)</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Family Friends Share Health Clean Resilience Honesty Courage Love Feel Private Community <b>EYFS vocab and:</b> Creativity Curiosity Risk taking Perseverance Passion for learning</p>
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	Acceptance Self-esteem
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**Year 2**

<p><b>Kind Hearts</b></p> <ul style="list-style-type: none"> <li>- How to treat each other with kindness, consideration and respect</li> <li>- What good health and wellbeing looks like for them</li> <li>- Celebrate the achievements of others (L)</li> <li>- Help with different jobs in a team and take responsibility for finishing their job (T)</li> <li>-</li> </ul> <p><b>Open Minds</b></p> <ul style="list-style-type: none"> <li>- What a relationship is</li> <li>- Different styles of families and support networks</li> <li>- Understanding one's own and others' boundaries in play</li> <li>- The concept of personal privacy</li> <li>- Permission seeking and giving</li> <li>- Recognise when they have hurt someone and when to apologise (H)</li> <li>- Recognise the different communities they are a part of eg school, family, church (Com)</li> <li>- Can explain why teams are sometimes better than working alone (T)</li> <li>- Are able to show an enquiring mind towards the world around them, asking and answering their own questions (C)</li> </ul> <p><b>Courageous Spirits</b></p> <ul style="list-style-type: none"> <li>- Can speak up when they know something has happened which they feel is wrong (D)</li> <li>- Show the strength of character to do the right thing(S)</li> <li>- Can admit to their own mistakes (C)</li> <li>- Have an honest conversation when they are not feeling safe or happy (H)</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Love          Kind          Healthy          Respectful          Responsibility  <b>EYFS vocab and:</b>          Creativity          Curiosity          Risk taking          Perseverance          Passion for learning          Acceptance          Self-esteem</p>
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**Year 3**

<p><b>Kind Hearts</b></p> <ul style="list-style-type: none"> <li>- Healthy friendships, family relationships and other relationships</li> <li>- Form and recognise strong and positive relationships</li> <li>- Recognise positive emotional and mental wellbeing</li> <li>- Understand the benefits of hobbies, interests and participation in their own communities</li> <li>- Positive, two-way relationship between physical health and mental wellbeing</li> <li>- Help others in need (L)</li> </ul> <p><b>Open Minds</b></p> <ul style="list-style-type: none"> <li>- Understand how to identify and regulate their own emotions (S)</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Positive          Negative          Emotions          Anxious          Worried          Excited          Acceptance          Strength          Individual          Relaxation          Respect          Consent</p>
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<ul style="list-style-type: none"> <li>- Can recognise why they might become anxious in unpredictable situations and understand how to deal with this (C)</li> <li>- Accept that they are not perfect and be honest and accepting of their own flaws (H)</li> <li>- Can understand and respect the rule of law (D)</li> </ul> <p><b>Courageous Spirits</b></p> <ul style="list-style-type: none"> <li>- Establishing personal space and boundaries</li> <li>- Be able to find the positives in a negative situation (S)</li> <li>- Have the strength to stand alone and not follow the crowd (S)</li> <li>- Have the strength to say no when it is necessary (S)</li> <li>- Accept and love your own imperfections (L)</li> </ul>	<p><b>EYFS, Key Stage 1 vocab and:</b></p> <p>Optimism Inclusiveness Initiative Integrity Good humour Empathy Courageous advocates</p>
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#### Year 4

<p><b>Kind Hearts</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of daily exercise, good nutrition and sufficient sleep</li> <li>- Be able to articulate how they are feeling, using appropriate language to talk about their bodies, health and emotions</li> <li>- Judge whether how they are feeling and behaving is appropriate and proportionate in different situations</li> </ul> <p><b>Open Minds</b></p> <ul style="list-style-type: none"> <li>- Can recognise when other children are not being included and how they can be inclusive themselves (F)</li> <li>- Recognise and value the strength of others (S)</li> </ul> <p><b>Courageous Spirits</b></p> <ul style="list-style-type: none"> <li>- Showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>- Work towards long term rewards and continue despite setbacks</li> <li>- Can recognise the benefits of pushing themselves out of their comfort zones to exceed their personal goals (C)</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Emotional Reaction Judgement Inclusive Value Difference Similarity Unsafe Safe Acceptable Unacceptable</p> <p><b>EYFS, Key Stage 1 vocab and:</b></p> <p>Optimism Inclusiveness Initiative Integrity Good humour Empathy Courageous advocates</p>
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#### Year 5

<p><b>Open Minds</b></p> <ul style="list-style-type: none"> <li>- Can respectfully disagree with others by expanding their own horizons, defending their own ideas and remaining open to new information and ideas (D)</li> <li>- Understand the need to live peacefully in a diverse world by valuing people who are different from themselves (Com)</li> </ul> <p><b>Courageous Spirits</b></p>	<p><b>Key Vocabulary</b></p> <p>Individuality React Celebrate diverse Perception Morals</p>
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<ul style="list-style-type: none"> <li>- Understand the value of honesty and how it impacts upon their future and others' perceptions of them (H)</li> <li>- Draw strength from other faiths and belief systems (S)</li> <li>- Ability and strength to separate worth from performance (S)</li> </ul>	<p>Ethics Faith peaceful</p> <p><b>EYFS, Key Stage 1 vocab and:</b> Optimism Inclusiveness Initiative Integrity Good humour Empathy Courageous advocates</p>
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#### Year 6

<p><b>Open Minds</b></p> <ul style="list-style-type: none"> <li>- Challenge negative stereotypes in their community (Com)</li> </ul> <p><b>Courageous Spirits</b></p> <ul style="list-style-type: none"> <li>- Knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse</li> <li>- Positive relationships also apply online</li> <li>- Understand the benefits of limiting time spent on line and the risks of excessive use of electronic devices</li> <li>- Know how to manage common difficulties encountered online</li> <li>- Be able to address their own areas of weakness (S)</li> <li>- Have the strength to resist the influence of media eg appearance and stereotypes (S)</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Stereotype Diversity Safety Privacy Acceptance Society Individuality</p> <p><b>EYFS, Key Stage 1 vocab and:</b> Optimism Inclusiveness Initiative Integrity Good humour Empathy Courageous advocates</p>
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