



OUR RSE LEARNING JOURNEY

EYFS

Nursery

Personal Social and Emotional Development

To have established a group of one or more children they like to play with repeatedly. Talk with others to solve conflicts and be able to take turns in their play. Talk about their feelings, describing when they are happy, sad, worried, angry etc and begin to regulate their feelings knowing when they may need support to manage them. Show more confidence in new social situations.

Reception

Personal Social and Emotional Development

To be able to control their emotions using a range of techniques. To manage own basic needs independently. To dress independently. To be able to have confidence to communicate with adults around the school. To follow instructions of three steps or more. To be able to show a 'can do' attitude. To understand the importance of healthy food choices.

Keeping Myself Safe

- Online safety
- Safe/unsafe touches, secrets
- Medicine safety

Me and My Relationships

- Feelings/self-regulation
- Friendship
- Bullying
- Getting help

Growing and Changing

- Becoming independent
- My body parts
- Lifecycles
- Dealing with loss
- Privacy

Key Stage 1

Valuing Difference

- Recognising, valuing and celebrating difference
- Listening skills
- People who help us

Rights and Responsibilities

- Taking care of things: myself, money, environment

Being my Best

- Growth Mindset
- Hygiene and Health
- Cooperation

Being my Best

- Keeping myself well
- Developing empathy
- Having choices and making decisions about my health
- Celebrating and developing my skills

Keeping Myself Safe

- Managing risk
- Decision-making Skills
- Drugs and their risks
- Staying safe
- Influences

Valuing Difference

- Respecting diversity
- My community
- Celebrating difference-religious and cultural
- Stereotypes

Rights and Responsibilities

- Growing up skills
- Helping and being helped
- Environment
- Managing money
- Media influence

Lower Key Stage 2

Growing and Changing

- Relationships
- Keeping safe
- Safe and unsafe secrets
- Managing difficult feelings
- Relationships including marriage

Me and My Relationships

- Rules and their purpose
- Cooperation/friendship/listening
- bullying
- Coping with loss

Keeping Myself Safe

- Emotional needs
- Online safety
- Drugs: norms, risks, the law

Valuing Difference

- Recognising difference including religious/cultural
- Influence and pressure of social media
- Prejudice based bullying
- Bystander behaviour

Rights and Responsibilities

- Lending, borrowing, spending
- Media bias
- Understanding democracy

Growing and Changing

- Managing difficult feelings and change
- Keeping safe/getting help
- Body changes
- Body image
- Self-esteem

Upper Key Stage 2

Me and My Relationships

- Feelings
- Compromise
- Assertive Skills
- Cooperation/Emotions
- Assertiveness
- Safe/unsafe touches
- Positive relationships

Being my Best

- Growing independence
- Age Group Development
- Keeping healthy including mental health
- Media awareness and safety
- Community
- Aspirations/goal setting
- Managing risk