



RSE Progression Map

The teaching of RSE is explored daily in terms of friendships and relationships in order for children to build strong and meaningful connections as well as remotely to understand their growing and changing bodies.

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Relationships	<ul style="list-style-type: none"> Express preferences and decisions. They also try new things and start establishing their autonomy Develop friendships with other children Safely explore emotions beyond their normal range through play and stories See themselves as a valuable individual. Build constructive and respectful relationships 	<ul style="list-style-type: none"> Children to explore what makes a good friend: how to be one and who theirs are. Look into different types of relationships and discuss who we can trust. Identify our 'special people'. Explore forgiveness, what this looks like in different situations and how to give and accept it. Children to practise healthy ways to communicate with other children and adults by respecting opinions and building skills to resolve conflicts. 	<ul style="list-style-type: none"> Children to understand what makes a good friend, who theirs are, how to be one and be able to identify friendly behaviours within themselves as well as others. Explore different levels of friendships and build strategies and confidence to form different types of relationships with their friends. Children to build a good understanding of how to communicate effectively with other children and adults; showing respect, being able to listen to and give opposing opinions, be able to have skills to practise effective conflict resolution when necessary including practising forgiveness. 	<ul style="list-style-type: none"> Understand what a good friend is and how to recognise when someone is being a bad one including online friends (explore peer-pressure and bullying). Recognise how relationships may change as children get older, more responsible for their actions and encounter changes Children to be able to recognise who we can trust and can't trust and be able to see when friends are having a negative impact and how to handle this positively. Develop conflict resolution strategies further including how to ask for advice Children to be able to listen to and respect others' opinions and give their own whilst communicating respectfully. To discuss what we mean by "going out" with someone and what we mean by love. The importance of permission- seeking. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
Resources	Books: The selfish crocodile (also available on YouTube) / Giraffe is left out / Elephant learns to share / Have you filled a bucket today? /The invisible boy /The Rainbowfish / The Squirrels that Squabbled / The boy at the back of the class / Giraffes can't dance			
Key Vocab		Friends, relationships, trust, family, loyalty, kind, sharing, forgiveness, care, helpful, respect, choice, fair, special, honest, problem, solution.	Friends, relationships, trust, family, loyalty, kind, sharing, forgiveness, care, helpful, respect, choice, fair, special, honest, problem, solution, behaviour, language, communicate, agree, disagree, listening	Friends, relationships, trust, family, loyalty, kind, sharing, forgiveness, care, helpful, respect, choice, fair, special, honest, problem, solution, behaviour, language, communicate, agree, disagree, listening, responsibility, conflict, resolve, advice,

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Sex Education		<ul style="list-style-type: none"> How our bodies are growing and changing? That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. 	<ul style="list-style-type: none"> Key facts about puberty and the changing adolescent body. 	<ul style="list-style-type: none"> More in depth information about puberty and the changing adolescent body. About menstrual wellbeing including the key facts about the menstrual cycle and child birth.
Resources	Books: Let's talk about the birds and the bees / What's happening to me? / Respect: Consent, Boundaries and Being in Charge of YOU			
Key Vocab		Bodies, parts, safe, touch, growing, changing, belonging, private, appropriate, inappropriate, contact	Bodies, parts, safe, touch, growing, changing, belonging, private, appropriate, inappropriate, contact, puberty, age, changes	Bodies, parts, safe, touch, growing, changing, belonging, private, appropriate, inappropriate, contact, puberty, age, changes, birth, menstrual cycle, blood, body hair, egg, hormones