

RSE– Progression of Skills Abbey Infant school

Linked to Jigsaw PSHE Scheme of Learning



	Year 1	Year 2
Family and relationships	<ul style="list-style-type: none"> • Introduction to RSE • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships 	<ul style="list-style-type: none"> • Introduction to RSE • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change
Safety and the changing body	<ul style="list-style-type: none"> • Getting lost • Making a call to the emergency services • Asking for help • Appropriate contact • Medication • Safety at home • People who help to keep us safe 	<ul style="list-style-type: none"> • The Internet • Communicating online • Secrets and surprises • Appropriate contact • Road safety • Drug education

Jigsaw PSHE is fully compliant with the DfE Statutory Relationships & Health Education Guidance. This document maps the guidance to Jigsaw by Year Group and Puzzle (unit of work) showing the depth

and breadth of the curriculum

coverage.

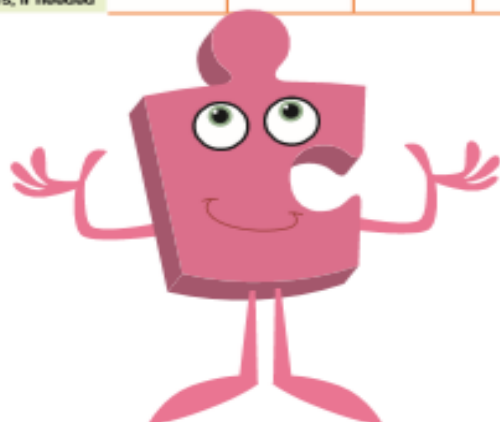
Health and wellbeing	<ul style="list-style-type: none"> • Wonderful me • What am I like? • Ready for bed • Relaxation • Hand washing & personal hygiene • Sun safety • Allergies • People who help us stay healthy 	<ul style="list-style-type: none"> • Experiencing different emotions • Being active • Relaxation • Steps to success • Growth mindset • Healthy diet • Dental health
Citizenship	<ul style="list-style-type: none"> • Responsibility • Community • Democracy 	<ul style="list-style-type: none"> • Responsibility • Community • Democracy
Economic well-being	<ul style="list-style-type: none"> • Money • Career and aspirations 	<ul style="list-style-type: none"> • Money • Career and aspirations
Transition	1 lesson	1 lesson



Relationships Education		Year 1 - Ages 5-6						Year 2 - Ages 6-7					
By the end of Primary pupils should know:		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Families and the people who care for me	(R1) that families are important for children growing up because they can give love, security and stability					✓	✓					✓	
	(R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives					✓	✓					✓	
	(R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care					✓	✓					✓	
	(R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up					✓	✓					✓	
	(R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong											✓	
	(R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed						✓					✓	



Relationships Education By the end of Primary pupils should know:		Year 1 - Ages 5-6						Year 2 - Ages 6-7					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Caring friendships	(R7) how important friendships are in making us feel happy and secure, and how people choose and make friends	✓	✓			✓			✓			✓	
	(R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	✓	✓						✓			✓	
	(R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	✓	✓			✓			✓			✓	
	(R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right		✓			✓			✓				
	(R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed		✓			✓			✓			✓	





Relationships Education		Year 1 - Ages 5-6						Year 2 - Ages 6-7					
By the end of Primary pupils should know:		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Respectful relationships	(R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	✓	✓	✓		✓		✓	✓	✓		✓	
	(R13) practical steps they can take in a range of different contexts to improve or support respectful relationships	✓	✓			✓		✓	✓	✓			
	(R14) the conventions of courtesy and manners	✓					✓	✓	✓	✓			
	(R15) the importance of self-respect and how this links to their own happiness					✓	✓	✓		✓			✓
	(R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	✓	✓	✓		✓	✓	✓	✓	✓		✓	
	(R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help		✓						✓				
	(R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive								✓				
	(R19) the importance of permission-seeking and giving in relationships with friends, peers and adults					✓	✓	✓	✓	✓		✓	✓



Relationships Education		Year 1 - Ages 5-6						Year 2 - Ages 6-7					
By the end of Primary pupils should know:		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Being Safe	(R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)		✓			✓	✓	✓	✓			✓	✓
	(R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe						✓					✓	✓
	(R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact					✓	✓					✓	✓
	(R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know					✓						✓	
	(R29) how to recognise and report feelings of being unsafe or feeling bad about any adult		✓				✓	✓	✓			✓	✓
	(R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard		✓			✓		✓				✓	✓
	(R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so		✓						✓			✓	✓
	(R32) where to get advice e.g. family, school and/or other sources		✓			✓	✓	✓	✓		✓	✓	✓





Physical Health and Mental Wellbeing		Year 1 - Ages 5-6						Year 2 - Ages 6-7					
By the end of Primary pupils should know:		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Internet safety and harms	(H11) that for most people the internet is an integral part of life and has many benefits								✓				
	(H12) about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing								✓				
	(H13) how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private								✓				
	(H14) why social media, some computer games and online gaming, for example, are age restricted												
	(H15) that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health								✓			✓	
	(H16) how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted												
	(H17) where and how to report concerns and get support with issues online									✓			



Physical Health and Mental Wellbeing By the end of Primary pupils should know:		Year 1 - Ages 5-6					Year 2 - Ages 6-7						
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Physical health and fitness	(H18) the characteristics and mental and physical benefits of an active lifestyle			✓							✓		
	(H19) the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise			✓							✓		
	(H20) the risks associated with an inactive lifestyle (Including obesity)			✓							✓		
	(H21) how and when to seek support including which adults to speak to in school if they are worried about their health										✓		

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Healthy eating	(H22) what constitutes a healthy diet (including understanding calories and other nutritional content)				✓						✓		
	(H23) the principles of planning and preparing a range of healthy meals				✓						✓		
	(H24) the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)				✓						✓		



Physical Health and Mental Wellbeing By the end of Primary pupils should know:		Year 1 - Ages 5-6					Year 2 - Ages 6-7						
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Drugs, alcohol and tobacco	(H25) the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking				 Medicine safety						 Medicine safety		

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