

Progression in RSE/ PSHE/ Science



	Heartsmart	No Outsiders	Science
Reception		<p>Themes covered:</p> <ul style="list-style-type: none"> • To say what I think • To understand it's ok to like different things • To make friends with someone different • To understand that all families are different • To celebrate my family 	
Years 1 and 2 A	<p>I am beginning to understand that my choices can help or hurt my own and others' hearts. • I am beginning to understand that I am a source of power. • I am beginning to understand some different emotions I feel. • I am beginning to understand that I can look after my heart. • I can identify someone that I am grateful for and am beginning to think about a reason why. • I am beginning to understand what healthy choices for my mind and body look like.</p>	<p>Themes covered</p> <ul style="list-style-type: none"> • To understand that our bodies work in different ways • To be able to work with everyone in my class • To understand what diversity is • To feel proud of being 	<p>Year 1 Science</p> <p>identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each</p>

	<p>• I am starting to describe myself in a positive way. • I am starting to think about some great things about myself. • I can suggest touch that I like and touch that I don't like. • I am beginning to understand the difference between the truth and lies. • I am beginning to understand that not everything is true. • I am beginning to understand what truth sounds like. • I am beginning to make choices based on my preferences. • I am beginning to understand that I am unique. • I am beginning to understand that there is a difference between spending and saving. • I am beginning to understand that I can choose to 'save' or 'spend'. • I am beginning to understand that a reward comes from saving. • I can identify different ways that I can take care of myself and some of the objects I use for this eg toothbrush. • I am beginning to be able to recall a kind word or action from my week</p> <p>I am beginning to think about ways to show love for others. • I am beginning to demonstrate ways to love others. • I am beginning to notice the people around me. • I am beginning to think about ways that I can help others. • I am beginning to think about ways I have been helped by others. • I can think of someone who looks after me. • I am beginning to think about how being looked after makes me feel. • I can suggest ways to show appreciation for others. • I am beginning to understand how to work as a team. • I am beginning to think about some ways to keep safe online. • I can draw a picture to offer advice for keeping safe online. • I can suggest a way that I have shown love for others. • I am beginning to think about how loving others makes me feel</p> <p>I can identify when Boris is sad. • I am beginning to</p>	<p>different</p> <ul style="list-style-type: none"> • To know when to be assertive 	<p>sense</p> <p>Year 2 Science</p> <p>notice that animals, including humans, have offspring which grow into adults</p> <p>find out about and describe the basic needs of animals, including humans, for survival (water, food and air)</p>
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	<p>understand that what I do effects others. • I am beginning to understand when I need to say sorry. • I am beginning to understand that forgiveness helps my heart. • I am beginning to understand when I am feeling a negative emotion eg anger, sadness, disappointment. • I am beginning to understand that I can choose kind or unkind words. • I can suggest an example of a positive attribute of the kind of friend I would like to be. • I am beginning to understand something I can do if I feel sad or mad.</p> <p>• I can suggest an amazing fact about myself. • I can explain why we don't need to lie about ourselves. • I am beginning to understand that I don't need to pretend to be anything I am not - I can be myself! • I can describe what being 'see-through' means. • I am beginning to understand some reasons why being 'see-through' in friendship is important. • I can suggest some ways to look after my teeth. • I can name a person I can talk to when I feel upset. • I am beginning to understand that small lies can have a big impact. • I can complete the phrase "I am..." with a positive characteristic.</p> <p>• I am beginning to understand when I feel stuck. • I am beginning to choose to persevere in completing a challenge. • I am starting to explore how I can adapt my strategy and try other things when I feel stuck. • I am beginning to understand the value of having a friend's support when I feel stuck. • I can differentiate between secrets I should and shouldn't keep. • I know what to do if someone asks me to keep a secret that makes me feel uncomfortable. • I am beginning to understand that I have an impact on my class, family and community. • I can choose pictures of things I like (to create a dreamboard). • I can think of a person, pet or toy that I miss. • I can share</p>		<p>describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</p>
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	<p>a memory of that person, pet or toy. • I am starting to be able to recall times where I felt stuck but found a way through.</p>		
<p>Years 1 and 2 B</p>	<p>• I understand that the choices I make can help or hurt my own and others' hearts. • I can describe a way that I can use my power in a positive and negative way. • I am beginning to understand that the decisions I make can affect my reputation. • I am beginning to understand how my heart affects my actions, words and behaviours. • I can describe how different people's families may look. • I can describe a way my family shows me love. • I can list a food from each of the 5 food groups. • I can think of a choice I have made that has helped my heart. • I can think of a choice I have made that has helped someone else's heart.</p> <p>• I can recall a way someone has shown love to me through kind words or actions. • I can describe something I like about myself. • I can say some of my strengths. • I understand that I am unique. • I understand the difference between truths and lies. • I can suggest my own trash and truth statement. • I can use positive adjectives to describe myself. • I can describe a different range of emotions. • I understand that thankfulness changes my attitude. • I can find my pulse. • I can describe how I feel after physical activity. • I can recall a kind word or action from the week. • I can share the best thing about me.</p> <p>• I can suggest a way to show love for others. • I can suggest a way to demonstrate love to others. • I am learning to suggest ways to 'look out' for other people's needs and the needs of the environment around me. • I am learning to spot and act on opportunities to do something kind for others. • I can list the people working in my local</p>	<p>Themes covered</p> <ul style="list-style-type: none"> • To like the way I am • To play with boys and girls • To understand we share the world with lots of people • To understand how we share the world • To understand what makes someone feel proud 	

	<p>community that look after and protect me. • I am learning to appreciate the important work they do. • I can list ways that we are all different. • I can list ways that we are all the same. • I can suggest some ways to keep safe in real life. • I can suggest some online safety rules. • I understand that online safety rules are similar to safety rules in real life. • I can suggest ways they have shown love for others. • I can describe how loving others makes me feel.</p> <p>• I understand that letting the bad feelings out of my heart helps me feel happy again. • I understand that what I do affects others • I am beginning to understand when I need to say sorry. • I am beginning to understand that forgiveness helps my heart. • I can give an example of a person, place or activity that helps my heart when I am sad. • I am beginning to understand ways to help me let go of hurt or disappointment. • I can suggest a way I can protect myself and others from bullying. • I can suggest something I can do if I feel sad or mad.</p> <p>• I can suggest a couple of amazing facts about myself. • I can explain why we don't need to lie about ourselves. • I can name something unique about myself. • I can name an unkind thought that I have about myself. • I can name a kind thought I have about myself. • I can describe how an emotion feels. • I can describe times when I have felt different emotions. • I can suggest some ways to demonstrate good manners. • I can demonstrate different ways to greet another person. • I can describe some ways to stay safe in the sun. • I can use positive words to describe myself and complete the phrase 'I am..</p> <p>• I am beginning to understand when I feel stuck. • I am beginning to choose to persevere in completing a</p>		
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	<p>challenge. • I am beginning to be able to find alternative solutions to a problem. • I can design a map with alternative routes. • I am beginning to think about different ways I can look at situations. • I can suggest a different way I could try to overcome a challenging situation. • I can replace worry phrases with positive “what if” phrases. • I can identify signs of energy being used. • I can suggest some ways to conserve energy. • I can recall a time when I felt stuck but found a way through!</p>		
<p>Years 3 and 4 A</p>	<p>• I can suggest a way that I can show love to myself. • I can suggest a way that I can show love to others. • I can list ways to be kind to one another. • I can describe some ways that others are ‘meant to be treated’. • I can recall a memory and associate a feeling with it. • I am beginning to understand that my heart needs protecting. • I can list some things that my heart needs protecting from. • I can list some people that I am grateful for in my life and give some reasons for why I am grateful for them. • I can identify some benefits of a healthy lifestyle. • I can identify some risks of an unhealthy lifestyle. • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people’s hearts.</p> <p>• I can recall some ways that people have shown love to me through kind words or actions. • I am starting to describe myself in a positive way. • I can think of words to encourage others. • I can accept encouragement from others. • I can sort words into what love is and what love isn’t. • I can list some things that I am grateful for. • I can explain why I am grateful for them. • I am beginning to understand that some choices I make will affect my physical health. • I can recall examples of kind words or actions from the week. • I can share some amazing things</p>	<p>Themes covered</p> <ul style="list-style-type: none"> • To understand why people choose to get married • To understand gender equality and stereotype 	<p>Year 3 Science</p> <p>identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat</p> <p>identify that humans and some other animals have skeletons and muscles for support, protection and movement</p>

	<p>about myself.</p> <p>I can suggest ways to show love for others. • I can suggest ways to demonstrate loving others. • I can suggest something that I can do for another person. • I can describe how the person I helped felt. • I can describe how helping someone else made me feel. • I can explain how to respond in an emergency. • I can recognise and celebrate the impact kindness has on another person. • I can work together with others to complete a task. • I am learning how to listen well to one another and respect each other's views. • I can list some information that identifies me eg name, address. • I know why it is important to keep personal information private. • I can suggest ways I have shown love for others. • I can describe how caring for others makes me feel. • I can suggest ways I have shown love for others. • I can describe how caring for others makes me feel.</p> <p>• I am beginning to understand what 'forgiveness' means. • I can describe how saying sorry can help a situation. • I can describe the effects of choosing to forgive or not. • I can describe a way that holding on to hurt can make us sad. • I can list ways to build trust between friends. • I can think of someone that I trust. • I can give an example of a stereotype. • I can suggest a couple of things I can do if I feel sad or mad.</p> <p>• I can suggest a couple of amazing facts about myself. • I can explain why we don't need to lie about ourselves. • I am beginning to know the real me is the best me. • I can give a simple explanation of what shame is. • I can suggest appropriate and inappropriate types of touch. • I can suggest safe people to talk to if I am concerned. • I</p>		<p>Year 4 Science</p> <p>describe the simple functions of the basic parts of the digestive system in humans</p> <p>identify the different types of teeth in humans and their simple functions</p>
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	<p>can explain why telling the truth is important to build a friendship. • I can explain what an allergy is. • I can list what I have learned about why 'Fake is a Mistake'.</p> <p>• I can identify when I feel stuck. • I can choose to persevere when I feel stuck or in completing a challenge. • I can identify an area of my life where I am doing well. • I can describe what a setback is. • I can give an example of a setback. • I can demonstrate basic first aid skills. • I can identify a dream I have. • I can list some attitudes I need to develop to achieve my dreams. • I can describe what 'change' is and give some examples in my life. • I can suggest something I can do that helps me to manage change. • I can recall a time when I felt stuck but found a way through!</p>		
<p>Years 3 and 4 B</p>	<p>• I can suggest several ways that I can show love to myself. • I can suggest several ways that I can show love to others. • I am beginning to think about the consequences of the words we use. • I can describe some consequences of using kind and unkind words. • I can suggest some characteristics that I would like to see in my classroom. • I can suggest some ways I can cultivate some of those characteristics. • I can name someone that I trust and I can give one reason for why I trust them. • I can list some characteristics of a healthy family life. • I can explain what "mental wellbeing" means. • I can list something that positively affects my mental wellbeing. • I can list something that negatively affects my mental wellbeing. • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's hearts.</p> <p>• I can recall different ways someone has shown me love</p>	<p>Themes covered</p> <ul style="list-style-type: none"> • To overcome language as a barrier • To be who you want to be • To promote diversity 	

	<p>through kind words or actions. • I can describe myself in a positive way. • I can identify some ways that I most feel love. • I can give an example of a time when I have been loved. • I can identify some of my strengths and achievements. • I can record and list some unique facts and figures about me. • I can highlight five things about my body that I am grateful for. • I can explain I am grateful. • I understand that love sometimes looks like stopping the spread of bacteria. • I can suggest some ways that bacteria spreads. • I can recall examples of kind words or actions from the week. • I can share several amazing things about myself.</p> <p>• I can suggest ways to show love for others. • I can demonstrate ways to love others. • I am becoming more aware of my surroundings and the people around me by noticing differences. • I can make the link about being observant and being aware of those around us. • I can suggest how a person is feeling from their expression and body language. • I can suggest who the unseen heroes of my community are. • I can honour those heroes by writing a thank you note. • I can suggest times when I need help from others. • I can demonstrate good teamwork skills (clear communication, listening and negotiating). • I can suggest ways to use my technology devices responsibly. • I can suggest ways that I have shown love for others. • I can describe how caring for others makes people feel.</p> <p>• I can suggest a way to fix a broken friendship. • I can describe some benefits of forgiveness. • I can sort scenarios into positive and negative stress. • I can suggest ways to manage negative stress. • I can suggest some healthy boundaries I can use both in life and online. • I can recognise online abuse and know who to report it to. • I</p>		
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	<p>can suggest positive uses of the internet. • I can list several things I can do if I feel sad, or mad.</p> <p>• I can explain why we don't need to lie about ourselves. • I can list 3 great things about myself. • I can explain that I am not what I 'do'. • I can identify some important voices in my life. • I can recognise the difference between kind and unkind voices in my life. • I am growing in courage to always tell the truth. • I can give examples of when I have been afraid to tell the truth. • I can explain when dares are no longer fun. • I can explain the consequences of dares. • I can list some of the risks associated with smoking. • I can list what I have learned about why 'Fake is a Mistake'. • I can describe a situation where I felt stuck. • I can suggest some ways I can persevere when I feel stuck. • I can list some skills and attitudes needed to meet the challenges. • I can identify habits I need to develop or lose in order to achieve my goals. • I can think of someone who encourages me. • I can think of someone I can encourage. • I can choose pictures of things that inspire me. • I can create 'A Dream of my Heart is...' statement. • I can define what puberty is. • I can describe key physical changes that take place as puberty begins. • I can recall a time when I felt stuck but found a way through.</p>		
Years 5 and 6 A	<p>• I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's hearts. • I understand that being bossy is about trying to control others. • I can describe some qualities of a good leader. • I can describe some qualities of the heart reputation I would like to have. • I can suggest some ways to know what I should and shouldn't watch. • I can list some things I should avoid watching. • I can explain how another person has supported or encouraged me and how</p>	<p>Themes covered</p> <ul style="list-style-type: none"> • To recognise when someone needs help • To accept people who are different to me • To challenge the causes of racism 	<p>Year 5 Science</p> <p>Animals, including humans</p> <p>Pupils should be taught to:</p> <p>describe the changes as humans</p>

	<p>that made me feel. • I can write a thank you letter and express gratitude to someone. • I can suggest some ways to help myself sleep well. • I can list some benefits of sleeping well. • I can explain some ways that I can protect my own and other’s hearts.</p> <p>• I reflect on ways that people show me love through kind words or actions. • I am starting to describe myself in a positive way consistently. • I understand that I have value and purpose. • I am aware of how the words I listen to about myself can make me feel. • I can identify some lies that I believe/listen to. • I can suggest opposing truths to those lies. • I can describe how listening to and believing lies makes me feel. • I can describe how listening to and believing truth makes me feel. • I am beginning to understand and demonstrate different ways I can respond to pressured scenarios. • I can recall a significant event and person in my life. • I can someone to go to when I need help. • I can recall a way I have ‘Let Love in’ this week.</p> <p>• I understand there are many different ways I can show love for others. • I can demonstrate ways to love others. • I can think of someone to go to if I feel lonely. • I can suggest things to do to avoid feeling lonely. • I can list some skills needed to listen to others well. • I can suggest ways I can demonstrate honour. • I am starting to understand the purpose and role of groups eg charities, raising awareness. • I know what I should and shouldn’t share online. • I can suggest ways that I have shown love for others. • I can describe how caring for others makes people feel.</p> <p>• I can describe forgiveness. • I can explain why</p>		<p>develop to old age</p> <p>Notes and guidance (non-statutory)</p> <p>Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.</p> <p>Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.</p>
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	<p>forgiveness keeps my heart healthy. • I can describe some practical steps I could take to resolve conflict. • I can describe how different emotions feel. • I can explain why emotions are important. • I can describe some healthy ways to respond to my mistakes. • I can recognise bullying behaviours. • I can suggest ways to deal with bullying. • I can list different types of negative emotion. • I can identify when I am experiencing negative emotion. • I can suggest ways that will help me when I am experiencing negative emotion.</p> <p>• I can explain why we don't need to lie about ourselves. • I can list 5 great things about myself. • I can discuss how unrealistic images can make me feel. • I can explain some things I can do when I feel like I need to hide how I really feel. • I can give a simple description of what vulnerability is. • I can identify qualities that build trust for vulnerability. • I can explain why growing feedback is important. • I can identify the difference between 'No Entry' and 'Welcome' responses to feedback. • I can list some risks associated with alcohol use in young people. • I can give some advice against drinking alcohol. • I can list what I have learned about why 'Fake is a Mistake'.</p> <p>• I can describe situations where I feel stuck. • I can suggest ways to persevere when I feel stuck. • I can say when I find a situation difficult or challenging. • I can give some examples of internal success. • I can give an example of something I would like to grow in internally to meet a goal I have. • I can name some tools that help me to live with hope. • I can explain key facts about the menstrual cycle. • I can describe ways to look after my health and wellbeing as I grow up. • I can recall a time when I felt stuck but found a way through. • I can use</p>		<p>Year 6 Science</p> <p>identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood</p> <p>recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</p> <p>describe the ways in which nutrients and water are transported within animals, including humans</p>
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	strategies that demonstrate 'No Way Through' isn't True!		
Years 5 and 6 B	<p>• I can reflect on the choices I make that can help my heart. • I can reflect on the choices I make that can hurt my heart. • I can explain how I feel differently when moving or posing in different ways. • I can create a powerful pose of my own. • I can suggest ways people can become 'hard-hearted'. • I can suggest ways to keep my heart soft and strong. • I can explain the benefits of a soft-strong heart over a hard heart. • I can explain when a secret should be kept and when it should be shared. • I can describe what a commitment is. • I can plan a healthy meal. • I can reflect on how I protect my own and other's hearts.</p> <p>• I reflect on ways that people show me love through kind words or actions. • I describe myself in a positive way consistently. • I understand that I am valued. • I can encourage others with kind and positive words. • I can accept the encouragement given to me. • I can recall significant events and people in their lives so far. • I can recognise that every person is unique. • I can list things that I am grateful for. • I can suggest some early signs of illness. • I can recall a way that I have 'Let Love in' this week. • I can describe myself in a positive way.</p> <p>• I can reflect on the different ways to show love for others. • I consistently demonstrate ways to love others. • I know there are ways we are different and ways we are the same. • I understand that while there are some differences between us, there are more similarities. • I can listen carefully to my classmate and feedback what they have said. • I can suggest people who have benefitted from overcoming a challenge. • I can explain why I am grateful</p>	<p>Themes covered</p> <ul style="list-style-type: none"> • To learn from our past • To recognise my freedom • To accept people who are different to me 	

	<p>for those people. • I can suggest ways to be a good friend. • I can list 3 benefits of social media. • I can list 3 dangers of social media. • I can describe ways that I have shown love for others. • I can describe how caring for others makes people feel.</p> <p>I can demonstrate choosing forgiveness. • I can demonstrate choosing strategies to help resolve conflicts and disputes. • I can explain my point of view. • I can listen and take account of a response from another person. • I can model resolving a dispute. • I can explain some benefits of forgiveness. • I can suggest some barriers to forgiveness. • I understand that our tone and body language communicates more than our words. • I can give examples of how a trustworthy friend behaves. • I can explain when it is ok to break a confidence. • I can list some effects bullying can have. • I can explain how to get help if I or someone I know are being bullied. • I can identify when I am experiencing negative emotion. • I can suggest ways that will help me when I am experiencing negative emotion.</p> <p>• I can present different opinions respectfully. • I can explain how to communicate the truth lovingly. • I understand we are loved just as we are. • I understand how to replace negative self-talk with positive self-talk. • I can define what a boundary is. • I can explain how using boundaries means we can have respectful friendships. • I can find out facts about vaccinations from credible sources. • I can suggest ways to discern if information online is credible. • I can know some physical and mental health risks associated with taking drugs. • I can suggest some ways to avoid drug taking. • I can list what I have learned about why 'Fake is a Mistake'?</p>		
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	<ul style="list-style-type: none">• I can describe situations where I get stuck.• I can suggest ways to persevere when I feel stuck.• I can describe the impact of changing my thinking from 'I can't do it' to 'I can't do it yet'.• I can explain the importance of practice.• I can answer the question "How am I feeling?"• I can answer the question "Why am I feeling that way?"• I can suggest ideas of needs for "What do I need?"• I can explain the effects of having hope.• I demonstrate choosing hope.• I can describe some things that may try to keep me in my comfort zone.• I can suggest what could happen when I step outside my comfort zone, into 'Where the magic happens!'?• I can apply this learning to a real-life scenario.• I can describe the changes in my brain as I go through adolescence.• I can recall a time when I felt stuck but found a way through.• I can identify strategies used to demonstrate 'No Way Through' isn't True!		
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