



Monks Coppenhall Academy and Day Nursery
 "To be the best we can in mind, body and spirit"
 "Working together to create better futures"

Monks Coppenhall Academy RSHE/PSHE Progression of Skills

Autumn Term: Relationships

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can share how I feel.</p> <p>I know which parts of my body are private.</p> <p>I know who is special to me.</p> <p>I can share my opinion with others.</p> <p>I can show respect to others.</p>	<p>I know how feelings can be hurt.</p> <p>I know that I can choose who touches me.</p> <p>I can recognise bullying.</p> <p>I can share my opinion.</p> <p>I can show respect.</p> <p>I know what makes a good friend.</p>	<p>I can understand what discrimination is.</p> <p>I can recognise bullying.</p> <p>I know what to do if I don't like touch.</p> <p>I understand what a caring relationship is.</p> <p>I understand that bodies and feelings can be hurt.</p> <p>I can recognise a stereotype.</p> <p>I can recognise different types of relationships (family or friendship).</p> <p>I can explore what makes a good friendship.</p>	<p>I can accept difference in people.</p> <p>I can distinguish between a 'good secret' and a 'bad secret'.</p> <p>I can understand and explore courtesy.</p> <p>I can begin to understand how to look after my mental health.</p> <p>I can understand what physical contact and when it is and isn't acceptable.</p> <p>I have skills to solve conflict.</p> <p>I understand that there are different points of view.</p>	<p>I can recognise when someone needs help or support.</p> <p>I can consider consequences.</p> <p>I can distinguish between a 'good secret' and a 'bad secret'.</p> <p>I can recognise and manage dares.</p> <p>I can express my opinion.</p> <p>I recognise and care about other people's feelings and challenge their point of view if necessary.</p> <p>I can understand different types of relationship (arranged marriage/civil partnership).</p>	<p>I accept people's differences.</p> <p>I know how to respond safely to strangers online.</p> <p>I can show acceptance to others.</p> <p>I understand the importance of self-respect.</p> <p>I know what domestic violence is.</p> <p>I manage conflict and seek advice if needed.</p> <p>I understand that marriage is freely entered into by both people.</p> <p>I can consider when perseverance is the right choice.</p>

Spring Term: Living in the Wider World

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know what rules are and why they are important.</p> <p>I know how to join in.</p> <p>I know how to look after my environment.</p> <p>I know where money comes from.</p> <p>I know how to keep money safe.</p>	<p>I know what community I belong to.</p> <p>I know who is special to me and how they help me.</p> <p>I know what makes a good friend.</p> <p>I know how to respect others.</p> <p>I know how to look after the environment.</p> <p>I know where money comes from and why it is important to save money.</p>	<p>I know where money comes from and what it is used for (wants vs needs).</p> <p>I know there are different types of families.</p> <p>I show respect for diversity.</p> <p>I can understand the characteristics of a family.</p> <p>I know why it is important to save energy.</p> <p>I know about different groups and communities.</p> <p>I know how to get help in an emergency.</p>	<p>I can understand the importance of self-respect.</p> <p>I can understand respectful relationships and I can show respect to others.</p> <p>I can understand the concept of interest, loans, debt and tax.</p> <p>I can appreciate the values and customs of people around the world.</p> <p>I understand how my choices affect people around me.</p> <p>I understand how choices affect the environment.</p> <p>I know why it is important to manage money.</p>	<p>I know why and how laws are made.</p> <p>I can respect people that are different than me.</p> <p>I know what bullying is and how to deal with it appropriately.</p> <p>I know what a stereotype is.</p> <p>I understand the effects and consequences of anti-social behaviour.</p> <p>I know my rights and responsibilities.</p> <p>I know what interest, loans, debt and tax are.</p>	<p>I understand that human rights over rule any beliefs that may harm others.</p> <p>I can consider responses to racism.</p> <p>I can consider freedom of speech.</p> <p>I can consider democracy.</p> <p>I can be critical of what I see in the media (fake news).</p> <p>I understand how community resources are allocated and how this can affect individuals.</p> <p>I can begin to understand how decisions are made in government.</p>

Summer Term: Living in the Wider World

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know how to stay healthy.</p> <p>I know how to keep clean.</p> <p>I know what I am good at.</p> <p>I know how to stay safe at home.</p> <p>I know how to ask for help.</p>	<p>I know what it means to be healthy.</p> <p>I can understand what medicine is for and how to stay safe around it.</p> <p>I know how to stay safe online.</p> <p>I can recognise and describe my feelings.</p> <p>I can use the correct names for body parts.</p> <p>I know what I am good at and I can set myself goals.</p> <p>I know how to stay safe outside (road, water, fire, etc.)</p>	<p>I know what makes a balanced diet.</p> <p>I understand what bacteria is.</p> <p>I can describe my feelings to others.</p> <p>I can understand conflicting feelings.</p> <p>I understand who keeps me healthy and safe.</p> <p>I understand how to help people in need.</p> <p>I understand how to stay safe around medicines and household products.</p>	<p>I understand what makes a balanced lifestyle.</p> <p>I understand how to support my well-being.</p> <p>I understand how to stay safe online.</p> <p>I understand that caffeine, nicotine and alcohol can affect people's health.</p> <p>I understand that my feelings might change.</p> <p>I can find common ground with others.</p> <p>I can choose when to be assertive.</p> <p>I understand the changes that happen at puberty.</p>	<p>I recognise what affects my health and well-being.</p> <p>I can begin to understand how to manage change (loss, separation, divorce, bereavement).</p> <p>I understand what vaccinations are used for.</p> <p>I can understand the effect of alcohol on the body.</p> <p>I can understand the difference between legal and illegal drugs.</p> <p>I know some of the risks and effects of legal and illegal drugs.</p> <p>I can consider the consequences of sharing pictures online.</p>	<p>I can understand that online content is not always reality.</p> <p>I understand some of the effects of commonly available drugs and substances.</p> <p>I can understand human reproduction.</p> <p>I can recognise and resist peer pressure.</p> <p>I can understand the reasons why some people may take drugs.</p> <p>I can explore the mixed messages about drug use in the media.</p> <p>I can celebrate my achievements and set my goals.</p> <p>I can consider how transition may affect me.</p>