

RHE Knowledge Progression

YEAR 3	
<p>HEALTH EDUCATION</p> <p>PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles</p>	<ul style="list-style-type: none"> • I know what makes up a healthy diet (including calories and nutritional content) • I know the different food groups (sugars and fat, carbohydrates, vitamins and minerals, protein, calcium) • I know how to plan and prepare healthy meals • I know the effects and risks of a poor diet on our bodies • I know what obesity and tooth decay is • I know what a habit is I know why habits can be hard to change • I know that habits can have both positive and negative effects on a healthy lifestyle • I know why it is important for my health to get enough sleep • I know that a lack of sleep can affect my weight, mood and ability to learn (sleep deprivation). • I know what to do to get good quality sleep. • I know who Jamie Oliver is and why he is important for improving schools meals.
<p>RELATIONSHIPS AND HEALTH EDUCATION</p> <p>ONLINE SAFETY AND RELATIONSHIPS UNIT: Online behaviour and personal information (Linked to computing)</p>	<ul style="list-style-type: none"> • I know why people use the internet as part of their lives • I know the benefits of using the internet • I know that the internet can be a negative place and it can impact our mental health • I know ways of communicating online (email, blog, instant messaging and video calling) • I know some positive and negative aspects of online communication • I know how to communicate respectfully online • I know how online actions can impact other people and their feelings. • I know how to respond to a hurtful message or comment online. • I know where and how to address any concerns I have online • Know the importance of keeping personal information private • I know what personal information is
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT 1: Families and people who care for us</p>	<p>KNOWLEDGE</p> <ul style="list-style-type: none"> • I know what a family is • I know that other families in school or the wider world are different to my family • I know that there are different types of families including single parent, step and foster families and I should respect these differences • I know that families of all types can give family members love and care • I know that families are important for children growing up • I know that families can give love, security and stability • I know the key characteristics of what makes a healthy family life (commitment, care, spending time together, being there for each other in times of difficulty) • I know how to recognise unsafe family relationships • I know how unsafe family relationships can make me feel unhappy or unsafe. • I know how to seek help or advice from other if needed.
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT 2: Respectful relationships and being safe</p>	<ul style="list-style-type: none"> • I know what a relationship is • I know that we can have different types of relationships (formal, informal) • I know that we behave differently in the different relationships we have. • I know what a respectful relationship is • I know it is important to respect other even when they are different from me • I know that it is important to always be polite and show good manners in all relationships • I know what touch is and examples of positive and negative touch are • I know that my body belongs to me • I know I can choose what happens to my body and how to say no • I know what sort of touch I am happy with and what sort I am not happy with. • I know what safe touch is. • I know and understand the PANTS rules • I know which body parts should be private • I know the difference between appropriate and inappropriate touch • I know that I have the right to say “no” to unwanted touch • I know how to recognise feelings of being unsafe or feeling bad about any adult

	<ul style="list-style-type: none"> • I know the difference between a little deal and a serious problem. • I know how to get help for myself or others. • I know what a trusted adult is
HEALTH EDUCATION MENTAL WELLBEING	<ul style="list-style-type: none"> • I know that there is a range of emotions • I know different words for the similar emotions • I know how to talk about my emotions • I know examples of when people feel different emotions • I know how my emotions might affect my behaviour • I know when my behaviour maybe inappropriate because of the way I am feeling • I know how to recognise conflicting feelings and how this may affect my behaviour • I know what isolation and loneliness is • I know how isolation and loneliness can effect us • I know some strategies for handling these negative feelings of isolation and loneliness • I know that it is important to discuss my feelings with an adult and seek support. • I know what bullying is • I know the negative impacts of bullying on our wellbeing • I know how and where to seek support and help if I or someone I know is being bullied • I know what emotional and mental wellbeing is • I know some simple self-care techniques to look after my emotional and mental wellbeing • I know who I can go to for support if I am worried about my ability or someone else’s ability to control their emotions
HEALTH EDUCATION KEEPING SAFE	<ul style="list-style-type: none"> • I know how to make a clear and efficient call to emergency services if necessary. • I know which emergency service to ask for in different situations • I know what a first aider is • I know what a hazard is • I can use my senses to identify hazards • I know the danger hazards could put me in I know how fire can be useful and dangerous • I know how fires can be started • I know how I can reduce the risks of a fire at home • I know how firefighters keep us safe • I know what to do in the event of a fire • I know how to keep safe around fireworks • I know the role of a first aider • I know some basic first aid procedures for common injuries
YEAR 4	
HEALTH EDUCATION PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles (Health and prevention/ Drugs, alcohol and tobacco)	<ul style="list-style-type: none"> • I know how to recognise early signs of physical illness (such as weight loss, or unexplained changes to the body) • I know that bacteria and germs cause disease • I can identify some common diseases and the symptoms related to them. • I know how germs (bacteria) spread • I know how following simple routines (regular handwashing) can reduce the spread of diseases • I know about good dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • I know how substances and drugs can damage our health • I know how alcohol, tobacco and ‘energy drinks can damage our immediate and future health and safety • I know that there are illegal and legal types of drugs. • I know that there are different types of commonly used drugs and substances. • I know that people take drugs to make them better. • I know the importance of taking medicines correctly • I know what the NHS is
RELATIONSHIPS AND HEALTH EDUCATION ONLINE SAFETY AND RELATIONSHIPS	<ul style="list-style-type: none"> • I know how to recognise cyberbullying. • I know who to tell if I encounter cyberbullying. • I know how the impact cyber bullying can have on our mental health and well being • I know what a bystander is and what to do to support someone who is being cyber-bullied • I know how an online search works. • I know how to search for specific information effectively and safely online • I know that not everything online is trustworthy

<p>UNIT: Online behaviour and content (Linked to computing)</p>	<ul style="list-style-type: none"> • I know what how to identify whether information online is reliable • I know how to keep myself safe online. • I know how to keep myself emotionally safe online. • I know where and how to report concerns and get support with issues online
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT 1: Caring Friendships</p>	<ul style="list-style-type: none"> • I know that friendships are important in making us feel happy and secure. • I know that friendships do not make others feel lonely or excluded • I know different ways to make new friends • I know the characteristics that makes a good friend (including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties) • I know that that friendships have ups and downs and that friends can fall out • I know some strategies to solve friendship problems effectively and safely
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT 2: Respectful relationships and being safe</p>	<ul style="list-style-type: none"> • I know what a respectful relationship is • I know it is important to respect others even when they are different from me • I know when a relationship is not respectful. • I know strategies to improve or support respectful relationships • I know how to get help for myself or others. • I know what sort of touch I am happy with and what sort I am not happy with. • I know the difference between appropriate and inappropriate touch • I know that I have the right to say “no” to unwanted touch • I know what permission is and why people should ask for permission in relationships • I know that it is important to have clear boundaries in relationships • I know what privacy is and why it is important for adults and children • I know that it is not always right to keep secrets especially if they make me unsafe • I know what a trusted adult is • I know how to recognise feelings of being unsafe or feeling bad about any adult and how to seek help
<p>HEALTH EDUCATION</p> <p>GROWING AND CHANGING</p>	<ul style="list-style-type: none"> • I know the difference between male and female body parts (internal and external) • I know the different stages in the human lifecycle • I know that puberty is when our bodies change from a child to an adult for reproduction • I know that puberty mostly happens between the ages of 8 and 18 years old although this can be different for different people • I know what a hormone is (testosterone, oestrogen and progesterone) and how it causes puberty • I know the physical changes that happen to female and male bodies in puberty (including pubic hair growth, spots or acne, genitalia growth, growth spurts, menstruation, wet dreams) I know what the menstrual cycle is the process where the body thickens the lining of the uterus and releases an egg needed for pregnancy • I know that menstruation is when your body releases the lining of the uterus through the vagina. • I know that the length of a menstrual cycle can vary from person to person • I know what happens before and during menstruation/period (light spotting, bleeding, stomach cramps or bloating, mood swings, increased appetite, spots, vaginal discharge) • I know what menstrual products are and why they are used. • I know that different menstrual products vary as people’s menstruation varies too. • I know who you can talk to if you want help, advice or support about the menstrual cycle I know that testicles produce sperm • I know that erections happen when vessels in the penis fill with blood • I know some reasons why erections happen • I know what ejaculation is when sperm is released through the head of the penis • I know ejaculations can happen during sleep and this is called a wet dream
<p>LIVING IN THE WIDER WORLD</p> <p>LOOKING AFTER OUR WORLD</p>	<ul style="list-style-type: none"> • I know that there are human rights to protect everyone • I know I have rights and responsibilities • I know I have a responsibility to protect the planet • I know there are rules and laws to protect me and the environment • I know there are consequences for breaking this rule • I know the negative impact litter has on our environment • I know ways we can reduce the amount of littering • I know what climate change and global warming is

	<ul style="list-style-type: none"> • I know what the green house effect is and what causes it • I know the impact the greenhouse effect on global warming and climate change • I know who Greta Thunberg is • I know I have a responsibility to protect our environment • I know that by reducing, reusing and recycling I can reduce amount of rubbish going to landfill sites • I know what recycling is and how it can help reduce greenhouse gas emissions • I know what renewable and non-renewable energy sources are • I know what sustainable means • I know I have a responsibility to protect the environment • I know that everyday life choices can help save energy
YEAR 5	
HEALTH EDUCATION PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles	KNOWLEDGE <ul style="list-style-type: none"> • I know what makes a healthy diet. • I know what influences our food choices. • I know the characteristics of an active lifestyle. • I know the mental and physical benefits of an active lifestyle (physical exercise, time outdoors, community participation, voluntary and service-based activity) on mental wellbeing and happiness. • I know the importance of building regular exercise into daily and weekly routines • I know how to build regular exercise into my daily and weekly routine (e.g. walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise). • I know the risks associated with an inactive lifestyle (including obesity). • I know how and when and who to seek support if I am worried about my health • I know the risks of too much exposure to the sun, including skin cancer. • I know how to reduce the risk of sun damage and stay safe in the sun.
RELATIONSHIPS AND HEALTH EDUCATION ONLINE SAFETY AND RELATIONSHIPS UNIT: Not everything is what it seems (Linked to computing)	<ul style="list-style-type: none"> • I know the risks of spending too much time online on my physical and mental wellbeing. • I know how to ration the time I spend online to improve my physical and mental health. • I know the signs of a suspicious email. • I know what a SPAM email is and its dangers • I know what information is safe to share on line. • I know what personal information should be kept private. • I know how to identify a safe website • I know that not everything I see online is true. • I know how false photographs can make people feel bad about themselves. • I know how to recognise how images in the media (and online) do not always reflect reality • I know how to recognise how images in the media can affect how people feel about themselves • I know who to where and how to get support with online issues.
RELATIONSHIPS EDUCATION RELATIONSHIPS UNIT 1: Families and people who care for us	<ul style="list-style-type: none"> • I know that other families in school or the wider world are different to my family • I know that there are different types of families including same sex families, blended and multi-race families and I should respect these differences • I know that families of all types can give family members love and care • I know that there are different types of relationships that make up a family • I know the importance of stable caring relationships being at the heart of happy families • I know that marriage represents a formal and legally recognised commitment of two people to each other for their whole lives • I know the key characteristics of what makes a healthy family life (commitment, care, spending time together, being there for each other in times of difficulty) • I know how to recognise unsafe family relationships • I know how negative family environments can impact our mental and physical health and well being. • I know how to seek help or advice from other if needed.
RELATIONSHIPS EDUCATION RELATIONSHIPS UNIT 2:	<ul style="list-style-type: none"> • I know what respect looks like in school • I know the importance of treating others in school with respect and being treated with respect in return • I know practical steps that I can use to improve respectful relationships in school • I know what bullying is and how it does not show someone respect • I know the impact that bullying can have and how to get help

<p>Respectful relationships and being safe</p>	<ul style="list-style-type: none"> • I know what a bystander is and their responsibilities to report any bullying they witness I know the importance of treating everyone in society with respect regardless of the their job or age. • I know I should be treated with respect by others. • I know the importance of treating everyone in society with respect regardless of the their job or age. • I know I should respect those in positions of authority • I know that some people will have different choices and beliefs to me • I know that some people come from different backgrounds to me • I know it is important to respect others even when they are different from me (choices and beliefs) • I know the difference between a safe adult and an unsafe adult • I know how to respond safely to adults I do not know • I know how to recognise and report feelings of being unsafe or feeling bad about any adult. • I know how to report concerns or abuse and where to seek help
<p>HEALTH EDUCATION</p> <p>MENTAL WELLBEING</p>	<ul style="list-style-type: none"> • I know that there is a range of emotions • I know different words for the similar emotions • I know how to talk about my emotions • I know examples of when people feel different emotions • I know what mental well being is and that it is a normal part of daily life • I know how to identify some mental health problems • I know that it is common for people to experience mental ill health • I know that with the right help and support people’s problems can be resolved • I know some celebrities who have suffered mental ill health • I know that children can suffer with mental ill health too • I know what isolation and loneliness is • I know how isolation and loneliness can effect us • I know what bullying is • I know the negative impacts of bullying on our wellbeing • I know how and where to seek support and help if I or someone I know is being bullied • I know strategies to improve my mental wellbeing • I know how to identify triggers that suggest my mental wellbeing might be suffering • I know who I can go to for support if I am worried about my ability or someone else’s ability to control their mental wellbeing
<p>HEALTH EDUCATION</p> <p>KEEPING SAFE</p>	<ul style="list-style-type: none"> • I know the definitions of the terms ‘risk’, ‘danger’, and ‘hazard’. • I know how to recognise, predict and assess risks in different situations and decide how to manage them responsibly • I can identify different hazards and risks in my home including fire hazardsI know how to identify hazards and risks on roads and railways lines • I know how to keep myself safe on roads and railway linesI know the risks and hazards that water can cause (seas, lakes, rivers) • I know how to keep safe around water • I know the role of the coastguard and RNLI • I know the role of a first aider • I know some basic first aid procedures for common injuries • I know what the recovery position is and how to apply into a casualty
YEAR 6	
<p>HEALTH EDUCATION</p> <p>PHYSICAL HEALTH AND WELLBEING</p> <p>UNIT 1 : Healthy Lifestyles</p>	<ul style="list-style-type: none"> • I know what legal and illegal harmful substances are and the risks the pose to our health. • I know the risks that smoking, alcohol use and drug-taking can have on our bodies. • I know that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others • I know strategies for recognising and managing peer influence and a desire for peer approval in friendships • I know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this • I know what allergies, immunisation and vaccinations are • I know why we need immunisations and vaccinations for our health • I know who Edward Jenner is and why he was important in the world of immunisations.

<p>RELATIONSHIPS AND HEALTH EDUCATION</p> <p>ONLINE SAFETY AND RELATIONSHIPS UNIT: Online Relationships</p> <p>(Linked to computing)</p>	<ul style="list-style-type: none"> • I know why someone might have an online friendship. • I know what personal information is and why it should be kept private. • I know some of the dangers of revealing personal information to an online friend. • I know how to keep myself safe when communicating with an online friend. • I know what bullying and cyberbullying are. • I know how the impact cyber bullying can have on our mental health and physical well being • I know ways in which people could address cyberbullying. • I know what a stereotype is • I know how a stereotype can be unfair, negative or destructive. • I know how to identify a gender stereotype in an online media message. • I know what an age restriction • I know age restrictions for some computer games and social media sites. • I know why age restrictions are used to keep children safe. • I know why it is important to cite a source.
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT 1: Caring Friendships</p>	<ul style="list-style-type: none"> • I know that there are different types of friendships (online, older, younger, peer to peer) • I know how different friendships can make me feel differently • I know the importance of how to choose appropriate friends • I can recognise the qualities that make a good friend (including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties) • I know that that friendships have ups and downs and that friends can fall out • I know some strategies to solve friendship problems effectively and safely • I know how to recognise who to trust and not to trust • I can recognise signs that show when a friendship can make people unhappy or uncomfortable • I know when to seek help or advice when faced with a difficult friendship
<p>RELATIONSHIPS EDUCATION</p> <p>RELATIONSHIPS UNIT 2: Respectful relationships and being safe</p>	<ul style="list-style-type: none"> • I know what discrimination • I know how to recognise examples of discrimination is • I know people who have stood against discrimination • I know how to challenge discrimination • I know what self-respect is • I know why positive self-respect leads to my own happiness • I know what permission is and why it is important to give permission in relationships. • I know that my body belongs to me • I know which body parts should be private • I know what sort of touch I am happy with and what sort I am not happy with. • I know what safe touch is. • I know the difference between appropriate and inappropriate touch • I know that I have the right to say “no” to unwanted touch • I know how to recognise feelings of being unsafe or feeling bad about any adult • I know where and how to ask for advise or help for myself and others • I know how to report concerns • I know what a trusted adult is
<p>HEALTH EDUCATION</p> <p>GROWING AND CHANGING</p>	<ul style="list-style-type: none"> • I know that puberty is when our bodies change from a child to an adult for reproduction • I know that puberty mostly happens between the ages of 8 and 18 years old although this can be different for different people • I know what a hormone is (testosterone, oestrogen and progesterone) and how it causes puberty • I know the physical changes that happen to female and male bodies in puberty (including pubic hair growth, spots or acne, genitalia growth, growth spurts, menstruation, wet dreams) • I know the importance of good hygiene and washing during puberty • I know what the menstrual cycle is the process where the body thickens the lining of the uterus and releases an egg needed for pregnancy • I know that menstruation is when your body releases the lining of the uterus through the vagina. • I know that the length of a menstrual cycle can vary from person to person • I know what happens before and during menstruation/period (light spotting, bleeding, stomach cramps or bloating, mood swings, increased appetite, spots, vaginal discharge) • I know what menstrual products are and why they are used. • I know that different menstrual products vary as people’s menstruation varies too.

	<ul style="list-style-type: none"> • I know who you can talk to if you want help, advice or support about the menstrual cycle • I know some strategies for improving menstrual wellbeing • I know that testicles produce sperm • I know that erections happen when vessels in the penis fill with blood • I know some reasons why erections happen • I know what ejaculation is when sperm is released through the head of the penis • I know ejaculations can happen during sleep and this is called a wet dream • I know that emotional changes in puberty are caused by hormones • I know that emotional changes in puberty can lead to changes in behaviour • I know strategies for managing changes in emotions during puberty • I know a healthy diet rich in iron, calcium and vitamin D is important during puberty • I know that puberty causes changes to our sleep cycle • I know the importance of a healthy sleep routine and some strategies for this
<p>LIVING IN THE WIDER WORLD</p> <p>MONEY MATTERS</p>	<ul style="list-style-type: none"> • I know that people have different attitudes to saving and spending money • I know what influences people’s decisions about spending money (manufacturers) • I know what ‘good value for money’ means • I know that people’s spending decisions can affect others and the environment • I know different ways to keep track of money • I know some of the risks associated with money (money, can be lost, won or stolen) • I know ways of keeping money safe I know that there is a broad range of jobs/careers that people can have • I know that some jobs are paid more than others and money can be influential in people’s job or career choice • I know that there can be stereotypes in the workplace and a person’s career I know how to reflect on what I am good at • I know what job/career I would like to do when I am older • I know what skills would help me with my future career.