

End of Key Stage 1 expectations for RSE

Families and People Who Care for Me

1. Recognising and naming different family members.
2. Understanding basic family roles and responsibilities.
3. Identifying people who provide care and support, such as teachers and caregivers.

Caring Friendships

4. Identifying qualities of a good friend (e.g., kindness, sharing).
5. Resolving conflicts with friends through communication and empathy.
6. Understanding that friends can be a source of emotional support.

Respectful Relationships

7. Recognising the importance of trust and respect in friendships.
8. Learning about personal boundaries and consent in interactions with peers.
9. Differentiating between safe and unsafe touches.

What skills and knowledge do our EYFS children take into the y1 curriculum?

In EYFS, children develop foundational skills and knowledge that lay the groundwork for their RSE learning in Year 1 as they learn to:

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and others' needs.

Implementation

We teach RSE through different aspects of the school curriculum. While we carry out the main RSE teaching through our personal, social and health education (PSHE) curriculum, we also teach elements of RSE through other subject areas (e.g. science and PE), which will teach children about the biological aspects of their own bodies and how they are changing and developing. Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring relationships
- Respectful relationships
- Online Relationships
- Being safe

Learning to be a respectful member of society at East Tilbury Primary



Intent

At East Tilbury Primary School, we are committed to delivering a comprehensive Relationships, Health and Sex Education (RSE) scheme of work that aligns with the English national curriculum. Our primary focus is to nurture respectful, informed, and emotionally resilient individuals. We aim to empower our pupils with age-appropriate knowledge and skills to navigate the complexities of relationships, emotions, and personal safety. Our PSHE curriculum fosters inclusivity, diversity, and a culture of respect. We prioritise open and sensitive discussions, ensuring that pupils develop a deep understanding of consent, boundaries, and healthy relationships. Through a well-structured curriculum, we equip our pupils with essential life skills that promote their physical, emotional, and mental well-being (both for now and for the future).



End of Key Stage 2 expectations for RSE

Online Relationships

10. Safe and responsible use of the internet and social media.
11. Recognising online risks, including cyberbullying and inappropriate content.
12. Reporting online concerns to trusted adults.

Being Safe

13. Developing awareness of personal safety, including road safety and fire safety.
14. Identifying safe and unsafe situations in different environments.
15. Knowing how to seek help in emergencies or uncomfortable situations.

Families and People Who Care for Me

16. Understanding diverse family structures, including single-parent families and stepfamilies.
17. Recognising and respecting different family configurations and backgrounds.

Respectful Relationships

18. Exploring the concept of consent in different contexts.
19. Recognising and addressing peer pressure and its impact on relationships.
20. Understanding and challenging stereotypes, prejudice, and discrimination.



Vocabulary Progression Document: RSE

	Relationship Education	Health Education
Year 1	Caring, Love, friendship, Happy / unhappy, secure, making friends, good friends, respect (ful), Truthful, trustworthy, loyal, kind, generous, sharing, helping, lonely, falling out, arguments, Differences, unique, polite, good manners, online, pretending, teasing, bullying, safety, unsafe, worried, permission, right / wrong behaviour, family, foster parent / stepparent, brother / sister, grandparents, married / not married / Divorced, partner / single, private / privacy, special, rules and environment.	Physical Health: Healthy / unhealthy, well / ill / unwell, Fitness, active / inactive, exercise, healthy diet, sugars, fats, proteins, vitamins, germs, Personal hygiene – washing, virus, medicine, sunscreen, sun damage, shade, protection. Mental Health: Emotions / feelings, anger, happiness, Sadness, fear, surprise, nervous and excited.
Year 2	Friendship/ friends, love, shy, advice, smile, talk, persistence, similarities/ differences, Loneliness, feelings, ignore, effort, share, Professional, kindness, consideration, listen, argument, conflict, emotions, calm, resolve, compromise, empathy, apologies, choices, negative/ positive, exclude, unacceptable, rude, bully, body language, consequence, report, self-esteem.	Safe / unsafe, privacy, permission, uncomfortable, worried, no, stop, Hygiene, exercise, healthy and Physical.
Year 3	Friendship/ friends, love, shy, advice, smile, talk, persistence, similarities/ differences, Loneliness, feelings, ignore, effort, share, Professional, kindness, consideration, listen, argument, conflict, emotions, calm, resolve, compromise, empathy, apologies, choices, negative, positive, exclude, unacceptable, rude, bully, body language, consequence, report, consent, acceptable and personal space.	Hygiene, cleanliness, maturity, body odour, safe permission, uncomfortable, routine, accident, washing, hazards, Medicine, drugs, alcohol and allergies.
Year 4	Friendship/ friends, love, shy, advice, smile, talk, persistence, similarities/ differences, Loneliness, feelings, ignore, effort, share, Professional, kindness, consideration, listen, argument, conflict, emotions, calm, resolve, compromise, empathy, apologies, empathy, choices, negative, positive, exclude, unacceptable, rude, bully, body language, accept (ance), understanding, tolerance, respect, maintaining relationships, healthy/unhealthy and mutual respect/understanding.	Hygiene, cleanliness, maturity, body odour, safe, permission, uncomfortable, routine, accident, washing, hazards, medicine/drugs, tobacco, alcohol, allergies, similarities and differences.
Year 5	Disability, vision, hearing, impaired, learning, disability, physical disability, rights, consent, identity fraud, phishing, trolling, harassment, self-respect, personal, information, anonymity, bullying, permission unsafe, online abuse, inappropriate, sexting, cyber bullying, legal/illegal, personal, boundaries, safe relationships, acceptable contact, stereotype, sexual orientation, gender, society, community, difference, husband, wife, partner, single parent families, lesbian, gay, bisexual, homosexual, heterosexual, transgender, foster parents/carers, same sex relationships, opposite sex relationships, marriage and civil partnership.	Mental health, equality, race, heritage, dual heritage, ethnicity, religion, belief, culture, freedom, boundaries, love, consent, respect, trust, puberty, public hair Develop facial hair, body odour, voice breaking, period, menstruation, menstrual cycle, tampon, sanitary towel, hygiene, Cleanliness, hormones, maturity, penis, testicles, testis, vulva, vagina, breasts, women and uterus.
Year 6	Disability, vision/ hearing, impaired, learning disability, physical disability, rights, consent, identity, fraud, phishing, trolling, harassment, self-respect, personal, information, anonymity, bullying, permission, unsafe, online abuse, inappropriate, sexting, cyber bullying, legal/illegal, personal, boundaries, safe relationships, acceptable contact, stereotype, sexual orientation, gender, society, community, difference, husband, wife, partner, single parent families, Lesbian and gay.	Sex Education: Consentual, mental health, boundaries and sexual abuse. (including the vocabulary listed in the science section to the left). Love, consent, consensual, respect, trust, mutual, cuddle, kiss, life cycle, intercourse, sex, erection, conceive, conception and coercive. (including the vocabulary listed in the science section to the left).

Resources to use:

PSHE Association

Current planning resources

