

Crawley Ridge Infant School RHE Progression Grid

	<b>EYFS</b>	<b>YEAR 1</b>	<b>YEAR2</b>
<b><u>Contexts</u></b>	<p><b>Healthy lifestyles</b> Healthy eating, being active, looking after themselves, looking after themselves, developing independence in areas of personal hygiene</p> <p><b>Relationships</b> What should I do or say in a given situation How to deal with problems and conflicts Becoming more independent in play</p>	<p><b>Health and wellbeing:</b> Mental wellbeing Internet safety and harms Physical health and fitness Healthy eating Prescribed drugs and tobacco Health and prevention</p> <p><b>Relationships:</b> Families and people who care for the pupil Caring friendships Respectful relationships Online relationships Being safe</p>	<p><b>Health and wellbeing:</b> Mental wellbeing Internet safety and harms Physical health and fitness Healthy eating Prescribed drugs and tobacco Health and prevention Basic First Aid</p> <p><b>Relationships:</b> Families and people who care for the pupil Caring friendships Respectful relationships Online relationships Being safe</p>
<b><u>Vocabulary</u></b>	<p>Emotions; feelings, happy, sad, anger, fear, surprise, nervous, calm Family, friendship, relationships, differences, respect and respectful Kind, sharing Taking turns Internet, safety Exercise, keeping fit, eating healthily Safe, unsafe Dentist, germs</p>	<p>Emotions; feelings, happy, sad, anger, fear, surprise, nervous, shocked, worried, calm Family, friendship, relationships, differences, respect and respectful Truthful, trust, kind, sharing Taking turns, cooperate, risks Behaviour, loneliness, appropriate Internet, safety, danger, Exercise, keeping fit, eating healthily Active Dentist, germs, virus, medicine Private, privacy</p>	<p>Emotions; feelings, happy, sad, anger, fear, surprise, nervous, shocked, worried, calm, frustrated Family, friendship, relationships, bullying, differences, respect and respectful, mental wellbeing Truthful, trust, kind, generous, sharing Taking turns, cooperate, risks Behaviour, loneliness, appropriate Internet, safety, danger, Exercise, keeping fit, eating healthily, Active, health Dentist, germs, virus, medicine immunisation, bacteria, harmful substances Private, privacy, appropriate touch</p>

Crawley Ridge Infant School RHE Progression Grid

			Correct naming of external body parts (Science and RHE curriculum)
<b><u>Health and Wellbeing</u></b>	<p>Introduced to emotions and mental wellbeing</p> <p>How to recognise and talk about emotions</p> <p>Introduced the benefits of the internet</p> <p>The importance of an active lifestyle.</p> <p>Introduction to healthy eating</p> <p>Safe in the sun</p> <p>Introduction to personal hygiene including dental health, handwashing, viruses, etc.</p> <p>How to call 999</p>	<p>Developing understanding of emotions; using a varied vocabulary to describe own and others' feelings</p> <p>Introduction to internet safety</p> <p>Learning more about the importance of regular exercise, the risk of sun damage, personal hygiene etc.</p>	<p>Further developing understanding of emotions and the scale of emotions that all humans experience</p> <p>Appropriate feelings and behaviour</p> <p>Techniques to improve mental wellbeing.</p> <p>Introducing the concept of loneliness</p> <p>The impact of bullying on mental health.</p> <p>Building understanding of internet safety; limiting screen time, respectful behaviour online, online abuse and bullying, how to get help.</p> <p>The risks associated with an inactive lifestyle as well as learning more about the importance of sleep, regular exercise, the risk of sun damage, personal hygiene etc.</p> <p>Planning a healthy diet and the risks of unhealthy eating.</p> <p>Discussing legal and harmful substances, smoking, prescribed drugs, bleach etc.</p>
<b><u>Relationships</u></b>	<p>Children learn:</p> <ul style="list-style-type: none"> <li>• That other families, either in school or in the wider world, can look different from their own.</li> <li>• About building relationships with peers and adults.</li> <li>• How important friendships are in making us feel happy.</li> </ul>	<p>Children learn:</p> <ul style="list-style-type: none"> <li>• That families are important for children as they can give love, stability and security.</li> <li>• How friendships can make us feel happy and secure.</li> <li>• How people make and choose friends.</li> <li>• The characteristics of friendships.</li> <li>• The benefits of healthy friendships are positive and welcoming, and do not make others feel lonely or excluded</li> </ul>	<p>Children learn:</p> <ul style="list-style-type: none"> <li>• That families are important for children as they can give love, stability and security.</li> <li>• The characteristics of healthy family life, including protection and care for children.</li> <li>• That not all families look the same and that differences should be respected.</li> </ul>

		<ul style="list-style-type: none"><li>• That friendships have ups and downs, which can often be worked through.</li><li>• The importance of self-respect and how this links to their own happiness</li><li>• That everyone should expect to be treated with respect by others, and should show respect to others.</li><li>• That sometimes people pretend to be someone they are not when online</li><li>• The concept of privacy</li></ul>	<ul style="list-style-type: none"><li>• That friendships can make us feel happy and secure.</li><li>• How people can make and choose friends.</li><li>• The characteristics of friendships.</li><li>• That the benefits of healthy friendships are positive and welcoming, not making others feel lonely or excluded</li><li>• That friendships have ups and downs, which can be solved and that resorting to violence is never right.</li><li>• How to recognise who to trust, positive friendships, managing conflict and how to seek help.</li><li>• The importance of respect.</li><li>• About different types of bullying of bullying and the impact.</li><li>• The importance of self-respect and how this links to their own happiness</li><li>• That everyone should expect to be treated with respect by and should show respect to others.</li><li>• That sometimes people pretend to be someone they are not when online.</li><li>• The importance of keeping safe and respect of others online.</li><li>• The concept of privacy and boundaries.</li></ul>
--	--	---	--

Crawley Ridge Infant School RHE Progression Grid

			<ul style="list-style-type: none"><li>• About appropriate touch and contact.</li><li>• About Stranger Danger.</li></ul>
--	--	--	---