

## Lawley Primary School Progression in RHE – Safety and the Changing Body

|                                      | EYFS  | Year 1  | Year 2   | Year 3   | Year 4   | Year 5   | Year 6  |
|--------------------------------------|---|---|--|--|--|--|---|
| <b>Being Safe – including Online</b> | <p><b>Knowledge:</b><br/>I know the need for safety when tackling new challenges</p> <p>I know about rules, and right from wrong and try to behave accordingly</p> <p>I know that some behaviour is unacceptable e.g. ‘The boy who cried wolf’.</p> <p><b>Skills:</b><br/>I can explain the reasons for rules.</p> <p>I can talk about my own and others’ behavior and its consequences</p> <p>I can consider and manages some risks.</p> <p>I can practice some appropriate safety measures without direct supervision</p> | <p><b>Knowledge:</b><br/>I know how to respond appropriately to adults in a range of settings</p> <p>I know what to do if I get lost</p> <p>I know that there are potential hazards in the home</p> <p>I know the roles people have within the local community to help keep me safe</p> <p>I know what appropriate physical contact is</p> <p><b>Skills:</b><br/>I can respond appropriately to adults</p> <p>I can avoid potential hazards in the home.</p> <p>I can keep myself safe.</p> | <p><b>Knowledge:</b><br/>I know how to stay safe near roads and how to cross a road safely</p> <p>I know the safe use of medicines</p> <p>I know the importance of staying safe online</p> <p>I know the difference between secrets and surprises</p> <p>I know what privacy means</p> <p>I know the correct names of the private parts of my body</p> <p><b>Skills:</b><br/>I can stay safe near roads and cross a road safely</p> <p>I can use medicines appropriately</p> <p>I can stay safe online</p> <p>I can keep the private parts of my body private.</p> | <p><b>Knowledge:</b><br/>I know how to stay safe near roads and how to cross a road safely</p> <p>I know what it means to be a responsible digital citizen</p> <p>I know what cyberbullying is</p> <p><b>Skills:</b><br/>I can stay safe near roads and cross a road safely</p> <p>I can recognise and respond appropriately to cyberbullying</p> <p>I can begin to recognise unsafe digital content</p> | <p><b>Knowledge:</b><br/>I know the importance of being safe online</p> <p>I know how to seek help if I need to</p> <p>I know the difference between private and public</p> <p>I know that age restrictions are designed to protect me</p> <p>I know the benefits and risks of sharing information online</p> <p><b>Skills:</b><br/>I can keep myself safe online</p> <p>I can seek help if I need to</p> <p>I can recognise when it is not safe to share information online</p> | <p><b>Knowledge:</b><br/>I know how to ensure relationships online are safe</p> <p>I know a number of online risks and ways to stay safe online</p> <p><b>Skills:</b><br/>I can make sure that my relationships online are safe</p> <p>I can keep myself safe online</p> <p>I can seek help if I need to</p> | <p><b>Knowledge:</b><br/>I know about the reliability of online information</p> <p>I know that online relationships should be treated in the same way as face-to-face relationships</p> <p>I know where to get help with any online problems</p> <p><b>Skills:</b><br/>I can explore online relationships including dealing with problems</p> <p>I can keep myself safe online</p> <p>I can get help with any online problems</p> |

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|---|---|--|--|--|---|---|---|
| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Drugs, Alcohol and Tobacco</p> |   | <p><b>Knowledge:</b><br/>I know that some things are safe to put in or on my body, and some are not safe</p> <p>I know that I need to ask a trusted adult if I do not know whether something is safe</p> <p><b>Skills:</b><br/>I can say some things that are and are not safe to put in or on my body</p> | <p><b>Knowledge:</b><br/>I know how to be safe around medicines</p> <p><b>Skills:</b><br/>I can ensure that I am safe around medicines</p> | <p><b>Knowledge:</b><br/>I know that people and things can influence me and I need to make the right decision for me</p> <p>I know that I can make choices and decisions</p> <p><b>Skills:</b><br/>I can make the right decision for me</p> <p>I can explore the choices and decisions that I can make</p> | <p><b>Knowledge:</b><br/>I know the risks associated with tobacco</p> <p><b>Skills:</b><br/>I can keep myself safe around tobacco</p> | <p><b>Knowledge:</b><br/>I know the influence others can have on me</p> <p>I know some strategies to use to overcome pressure from others</p> <p><b>Skills:</b><br/>I can make the right decision for me</p> <p>I can use strategies to overcome pressure from others</p> | <p><b>Knowledge:</b><br/>I know the risks associated with alcohol</p> <p><b>Skills:</b><br/>I can keep myself safe around alcohol</p>   |
|   | <p style="writing-mode: vertical-rl; transform: rotate(180deg);">The Changing Adolescent Body</p> |  |  | <p><b>Knowledge:</b><br/>I know the names of parts of my body</p> <p><b>Skills:</b><br/>I can identify different parts of my body e.g. if I am injured</p>   |   | <p><b>Knowledge:</b><br/>I know that I will experience a range of physical and emotional changes as I grow up</p> <p><b>Skills:</b><br/>I can recognise and learn to manage the physical and emotional changes I experience as I grow up</p>                              | <p><b>Knowledge:</b><br/>I know the physical changes from childhood to adulthood</p> <p>I know the main aspects of puberty, including menstruation</p> <p>I know that there are emotional changes during puberty</p> <p><b>Skills:</b><br/>I can manage the emotional changes I experience during puberty</p> |

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|-----------------|--|---|--|--|---|---|--|
| Basic First Aid |  | <p><b>Knowledge:</b><br/>I know what classes as an emergency</p> <p>I know how to contact the emergency services</p> <p><b>Skills:</b><br/>I can recognise an emergency and make a call to the emergency services</p> |  | <p><b>Knowledge:</b><br/>I know how to call the emergency services</p> <p>I know how to respond to bites and stings</p> <p><b>Skills:</b><br/>I can make a call to the emergency services when needed</p> <p>I can respond appropriately to bites and stings</p> | <p><b>Knowledge:</b><br/>I know what asthma is and what an asthma attack looks like</p> <p>I know how to help someone with asthma</p> <p><b>Skills:</b><br/>I can recognise an asthma attack and respond appropriately</p> <p>I can make a call to the emergency services when needed</p> | <p><b>Knowledge:</b><br/>I know how to help someone who is bleeding</p> <p><b>Skills:</b><br/>I can apply my knowledge</p> <p>I can make a call to the emergency services when needed</p> | <p><b>Knowledge:</b><br/>I know how to help someone who is choking</p> <p>I know how to help someone who is unresponsive</p> <p><b>Skills:</b><br/>I can apply my knowledge</p> <p>I can make a call to the emergency services when needed</p> |
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