

## Year 6 Progression map

	Statutory Guidance For Relationships Education, RSE and Health Education ( 2020)	REMEMBER (prior Knowledge)	KNOW (new knowledge)
<u><b>Being Me in My World</b></u> <u><b>Autumn 1</b></u>	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</li> <li>• the importance of self-respect and how this links to their own happiness</li> <li>• the importance of permission seeking and giving in relationships with friends, peers and adults</li> <li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> </ul>	<p>Week 1- Understand how to set personal goals, Know how to face new challenges positively</p> <p>Week 2- Understand the rights and responsibilities associated with being a citizen of their country</p> <p>Week 3- Understand the rights and responsibilities associated with being a citizen in the wider community and their country</p> <p>Week 4- Consider their own actions and the effect they have on themselves and others</p> <p>Week 5- Know how an individual's behaviour can affect a group and the consequences of this</p> <p>Week 6- Understand how democracy and having a voice benefits the school community</p>	<p>Week 1- Know how to set goals for the year ahead</p> <p>Week 2- Know about children's universal rights (United Nations Convention on the Rights of the Child)</p> <p>Week 3- Know that personal choices can affect others locally and globally</p> <p>week 4- Understand that their own choices result in different consequences and rewards</p> <p>Week 5- explain how an individual's behaviour can affect a group and the consequences of this</p> <p>Week 6- Understand how democracy and having a voice benefits the school community</p>
<u><b>Celebrating Difference</b></u> <u><b>Autumn 2</b></u>	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> <li>• that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being</li> <li>• that others' families, either in school or in the wider world, sometimes look</li> </ul>	<p>Week 1- Know what culture means, Know that differences in culture can sometimes be a source of conflict</p> <p>Week 2- Know what racism is and why it is unacceptable</p> <p>Week 3- Know that rumour-</p>	<p>Week 1- Know that there are different perceptions of 'being normal' and where these might come from</p> <p>Week 2- Know that being different could affect someone's life</p> <p>Week 3- Know that power can play a part in a bullying or conflict situation ,Know that</p>

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	<p>different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p> <ul style="list-style-type: none"> <li>the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</li> </ul>	<p>spreading is a form of bullying online and offline</p> <p>Week 4- Know that bullying can be direct and indirect</p> <p>Week 5- Know how their life is different from the lives of children in the developing world</p> <p>Week 6- Identify their own culture and different cultures within their class community</p>	<p>people can hold power over others or in a group</p> <p>Week 4- Know why some people choose to bully others</p> <p>Week 5- Know that people with disabilities can lead amazing lives</p> <p>Week 6- Know that difference can be a source of celebration as well as conflict</p>
<p><u>Dreams and goals</u> <u>Spring 1</u></p>	<ul style="list-style-type: none"> <li>the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</li> <li>the importance of self-respect and how this links to their own happiness</li> <li>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</li> <li>how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li> </ul>	<p>Week 1- Know that they will need money to help them to achieve some of their dreams</p> <p>Week 2- Know about a range of jobs that are carried out by people I know</p> <p>Week 3- Know the types of job they might like to do when they are older</p> <p>Week 4- Know that young people from different cultures may have different dreams and goals</p> <p>Week 5- Know that communicating with someone from a different culture means that they can learn from them and vice versa</p> <p>Week 6- Know ways that they can support young people in their own culture and abroad</p>	<p>Week 1- Know their own learning strengths, Know how to set realistic and challenging goals</p> <p>Week 2- Know what the learning steps are they need to take to achieve their goal</p> <p>Week 3- Know a variety of problems that the world is facing</p> <p>Week 4- Know some ways in which they could work with others to make the world a better place</p> <p>Week 5- describe and explain some ways in which they could work with others to make the world a better place</p> <p>Week 6- Know what their classmates like and admire about them</p>

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<p><u>Healthy me</u> <u>Spring 2</u></p>	<ul style="list-style-type: none"> <li>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness</li> <li>simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</li> <li>what constitutes a healthy diet (including understanding calories and other nutritional content)</li> <li>the principles of planning and preparing a range of healthy meals</li> <li>the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>	<p>Week 1- Know the health risks of smoking Know how smoking tobacco affects the lungs, liver and heart</p> <p>Week 2- Know some of the risks linked to misusing alcohol, including antisocial behaviour</p> <p>Week 3- Know basic emergency procedures, including the recovery position, Know how to get help in emergency situations</p> <p>Week 4- Know that the media, social media and celebrity culture promotes certain body types</p> <p>Week 5- Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure</p> <p>Week 6- Know what makes a healthy lifestyle</p>	<p>Week 1- Know how to take responsibility for their own health</p> <p>Week 2- Know about different types of drugs and their uses</p> <p>Week 3- Know that some people can be exploited and made to do things that are against the law</p> <p>week 4- Know why some people join gangs and the risk that this can involve</p> <p>Week 5- Know what it means to be emotionally well</p> <p>Week 6- Know that stress can be triggered by a range of things</p>
<p><u>Relationships</u> <u>Summer 1</u></p>	<ul style="list-style-type: none"> <li>that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</li> <li>what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> <li>about the concept of privacy and the implications of it for both children and adults;</li> </ul>	<p>Week 1- Know that a personality is made up of many different characteristics, qualities and attributes</p> <p>Week 2- Know that belonging to an online community can have positive and negative consequences</p> <p>Week 3- Know that there are rights and responsibilities in an online community or social network</p> <p>Week 4- Know that there are rights and responsibilities when playing a game online</p>	<p>Week 1- Know that it is important to take care of their own mental health</p> <p>Week 2- Know ways that they can take care of their own mental health</p> <p>Week 3- Know the stages of grief and that there are different types of loss that cause people to grieve</p> <p>week 4- Know that sometimes people can try to gain power or control them</p> <p>Week 5- Know some of the dangers of being 'online'</p>

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	<p>including that it is not always right to keep secrets if they relate to being safe</p> <ul style="list-style-type: none"> <li>• how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do</li> </ul>	<p>Week 5- Know that too much screen time isn't healthy</p> <p>Week 6- Know how to stay safe when using technology to communicate with friends</p>	<p>Week 6-Know how to use technology safely and positively to communicate with their friends and family</p>
<p><u>Changing me</u> <u>Summer 2</u></p>	<ul style="list-style-type: none"> <li>• that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</li> <li>• about menstrual well-being including the key facts about the menstrual cycle.</li> </ul>	<p>Week 1- Can celebrate what they like about their own and others' self-image and body image</p> <p>Week 2- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Week 3- describe change in girls' and boy's bodies.</p> <p>Week 4- Know that sexual intercourse can lead to conception</p> <p>Week 5- Know that becoming a teenager involves various changes and also brings growing responsibility</p> <p>Week 6- Have strategies for managing the emotions relating to change</p>	<p>Week 1- know about their self-image.</p> <p>Week 2- describe and explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Week 3- Know how a baby develops from conception through the nine months of pregnancy and how it is born</p> <p>week 4- Know how being physically attracted to someone changes the nature of the relationship</p> <p>Week 5- Know the importance of self-esteem and what they can do to develop it</p> <p>Week 6- Know what they are looking forward to and what they are worried about when thinking about transition to secondary school.</p>