



Skills Ladder - RSE

Theme	EYFS	Puffin - Year 1/2		Swift Year 3/4		Eagle Year 5/6		
Families and Relationships	Work and play cooperatively and take turns with others.	To understand that families can include a range of people and how different members of a family are related to each other.	Learning that families can be made up of different people	Learning that problems can occur in families and that there is help available if needed	Understanding that families are varied, in the UK and across the world and having respect for these differences	Understanding that we all have different positive attributes, and we should be proud of these	Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise	
	Form positive attachments to adults and friendships with peers.	To begin to understand the characteristics of positive friendships.	Understanding that families offer care, love and support	Exploring ways to resolve friendship problems	Exploring physical and emotional boundaries in friendships	Learning what marriage is and that it is a choice that people make	Learning what respect is and that it is part of a relationship	
		Learning that friendships can have problems but that these can be overcome.	Understanding difficulties in friendships and action that can be taken.	Developing an understanding of the impact of bullying and what to do if bullying occurs	Exploring different roles related to bullying including victim, bully and bystander	Learning that sometimes families can make children feel unhappy or unsafe and that there is help available	Understanding that everyone deserves to be respected but that respect can be lost	
		Exploring friendly behaviours.	Learning how other people show their feelings and how to respond to them	Understanding what trust is and identifying who I can trust	Understanding expected courtesy and manners in a range of scenarios	Understanding that friendships will encounter issues but that this may strengthen them	Understanding stereotyping and bullying linked to it	
		Learning to recognise how other people show their feelings and how to care for others.	Exploring the conventions of manners in different situations	Learning about the effects of nonverbal communication	Understanding how my actions and behaviour affects others	Understanding the impact of bullying and what might influence the behaviour of a bully	Understanding grief and the associated emotions	
	Show sensitivity to their own and to others' needs.	Exploring the ability to successfully work with different people.	Developing an understanding of self-respect	Developing listening skills Exploring stereotyping	Understanding stereotyping	Learning how stereotypes can be unfair, negative and destructive	To explore the process and emotions relating to grief	
		Understanding ways to help others	Exploring how loss and change can affect us		Learning what bereavement is and how to help someone who has experienced bereavement			
	Health and Wellbeing	Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.	Understanding the importance of hand hygiene	Developing an understanding of how to look after my teeth.	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.	Developing independence in looking after my teeth.	Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun.	Understanding ways of preventing illness and the benefits of immunisation.
			Understanding the risks of sun exposure and how to stay safe in the sun	Understanding the importance of exercise and its effect on the body.	Understanding the positive impact of relaxation on the body and learning relaxation stretches.	Identifying what makes me feel calm and relaxed.	Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep.	Developing an understanding of possible signs of illness and some actions I can take.
			Developing an understanding of allergies and what to do if someone has an allergic reaction	Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation	Understanding what a balanced diet is and the effects upon mental and physical health.	Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles.	Understanding the relationship between stress and relaxation.	Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation.
Exploring health related jobs and people who help to keep us healthy.			Recognising an increasing range of feelings and some strategies for managing different emotions.	Identifying my strengths and exploring how I use them to help others.	Understanding that it is normal to experience a range of emotions.	Understanding what can cause stress and how to deal with it.	Understanding the factors which contribute to my physical and mental health.	
Understanding the importance of sleep and positive sleep habits			Developing empathy	Understanding how to overcome problems by breaking them into smaller, achievable steps.	Developing the ability to appreciate the emotions of others in different situations.	Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets	Identifying a range of relaxation strategies and situations in which they would be useful.	
Understanding my strengths and qualities			Identifying personal goals and how to work towards them.		Learning to take responsibility for my emotions and that I can control some things but not others.	Developing the ability to take responsibility for and manage my feelings.	Exploring my personal qualities and how to build on them.	

		Understanding and describing feelings and emotions.	Exploring the need for perseverance and developing a growth mindset.		Developing an understanding of mental health including experiencing problems.	Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success.	Learning the importance of resilience and developing strategies for being resilient in challenging situations
							Identifying long-term goals and developing a plan as to how to achieve them.
Citizenship and Economic wellbeing	Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class.	Understanding rules in school	Understanding rules in the community	Developing an understanding of children's rights and how they help children	Understanding that human rights apply to everyone and who protects these	Understanding the law and what happens when someone breaks it	Understanding how human rights protect people
		Recognising why rules are necessary	Understanding how rules are made	Considering the responsibilities adults and children have to maintain children's rights	Understanding how reusing items is of benefit to the environment	Understanding how rights and responsibilities link	Developing an understanding of the importance of education
		Understanding the needs of different animals and how to meet these	Recognising the importance of looking after the school environment	Understand how recycling can have a positive impact on the environment	Understanding the role of local government	Developing an understanding of freedom of expression	Developing an understanding of environmental issues relating to food
	Explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and (when appropriate) maps.	Understanding the needs of younger children and how these change	Identifying ways to help look after the school environment	Developing an understanding of how democracy works at a local level	Understanding the groups which make up a community and the benefits they bring	Understanding why reducing use of materials is positive for the environment	Developing an understanding of causes which are important personally
		Understanding how voting can be used to make decisions	Understanding the jobs people do to look after the environment	Understanding the need for rules and the consequences of breaking these	Understanding the positives diversity brings to a community	Developing an understanding of how parliament and government work.	Understanding how government works
		Understanding differences between people	Identifying ways to help look after the school environment	Developing an understanding of groups within the local community and how these support the local community	Understanding the factors which affect whether something is value for money	Understanding the contribution people make to the community and how this is recognised	Understanding what prejudice and discrimination are
		Recognising the groups we belong to	Understanding the jobs people do to look after the environment in the school and the local community	Understanding that there are different ways to pay for things	Understand the importance of tracking money	Developing an understanding of pressure groups	Understanding how prejudice and discrimination can be overcome
		Developing an understanding of the value of money and how to keep it safe	Understanding how democracy work in school through the school council	Developing an understanding of budgeting	Understanding the impact of losing money	Understand how to create a budget based on priorities	Recognising differences in how people deal with money and the role of emotions in this
		Understanding where money comes from	Understanding that everyone is unique Recognising the contribution people make to the local community	Understanding that money can cause a range of feelings	Developing an understanding of what might influence job choices	Developing an understanding of borrowing money	Understanding how to keep bank accounts safe
		Developing an understanding of how banks work	Understanding the value of money and where it comes from	Understanding that people have different attitudes to money	Understanding how work can change over time	Beginning to understand income and expenditure	Developing an understanding of gambling
		Recognising the range of jobs available in school and the skills people need to do these.	Developing an understanding of wants and needs	Growing understanding of the range of jobs available		Developing an understanding about risks associated with money	Understanding the routes into different jobs
			Recognising that people make choices about how to spend money	Understanding the stereotypes which can exist around jobs but that these should not affect people's choices		Understand stereotypes in work and how these can be overcome	Recognising that people change jobs for a number of reasons
	Developing an understanding of how to select a bank account		Understanding the role of money in selecting a job				
			Beginning to understand how people select the job they want to do.				

Safety and the Changing Body	Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.	Understanding how to respond appropriately to adults in a range of settings	Developing an understanding of being safe near roads and learning how to cross roads safely	Understanding ways to keep safe when crossing and near roads	Developing an understanding of being safe online	Developing an understanding of how to ensure relationships online are safe	Developing an understanding about the reliability of online information
		Understanding what to do if I get lost	Understanding the safe use of medicines	Developing skills as a responsible digital citizen	Understanding how to seek help if I need to	Recognising an increasing number of online risks and ways to stay safe online	Exploring online relationships including dealing with problems
		Exploring potential hazards in the home and how to avoid these	Beginning to understand the importance of staying safe online	Recognising and responding to cyberbullying	Exploring the difference between private and public	Understanding the influence others can have on me	Understanding that online relationships should be treated in the same way as face-to-face relationships
		Understanding the roles people have within the local community to help keep me safe	Understanding the difference between secrets and surprises	Beginning to recognise unsafe digital content	Understanding that age restrictions are designed to protect me	Learning strategies, I can use to overcome pressure from others	Knowing where to get help with any online problems
	Developing an understanding of appropriate physical contact	Understanding the concept of privacy and naming the private parts of my body	Exploring that people and things can influence me and I need to make the right decision for me	Learning about the benefits and risks of sharing information online	Understanding the physical changes from childhood to adulthood	Understanding the risks associated with alcohol	
		Learning how to be safe around medicines	Exploring choices and decisions that I can make	Understanding the risks associated with tobacco	Developing an understanding of the main aspects of puberty, including menstruation	Knowing the changes experienced during puberty	
		Knowing the names of parts of my body	Knowing how to call the emergency services	Developing an understanding of physical and emotional changes as I grow up	Learning about the emotional changes during puberty	Understanding how a baby is conceived and develops	
			Knowing how to respond to bites and stings	Knowing how to help someone with asthma	Knowing how to help someone who is bleeding	Knowing how to help someone who is choking	
						Knowing how to help someone who is unresponsive	
Transition and Identity	Show sensitivity to their own and to others' needs.	Recognising own strengths	Understanding that change is part of life	Learning strategies to deal with change	Recognising own achievements	Understanding the skills needed for roles in school	Recognising that change can cause mixed feelings
		Understanding that changes can be both positive and negative	Recognising ways to deal with change	Understanding opportunities and responsibilities	Understanding how to set goals	Recognising own skills and how these can be developed	Understanding a greater range of strategies to deal with feelings associated with change
	Form positive attachments to adults and friendships with peers.						Understanding what makes identity
							Recognising the difference between how we see ourselves and how others see us
						Exploring the role of gender in identity Exploring how the media might influence our identity	