



**The Holy Family Catholic Primary School RSE Skills and Knowledge Progression**  
*The Progression of Skills documents will be updated to reflect Life to the Full Plus by  
 September 2023.*

<b>Module 1</b>			
Religious Understanding Me, My Body, My Health Emotional Well-being Life Cycles			
<b>Religious Understanding</b>			
EYFS	KS1	LKS2	UKS2
<p>Children can express that:</p> <ul style="list-style-type: none"> <li>We are created individually by God as part of His creation plan</li> <li>We are all God’s children and are special</li> <li>Our bodies were created by God and are good</li> <li>We can give thanks to God</li> </ul>	<p>Children can express that:</p> <ul style="list-style-type: none"> <li>We are created individually by God</li> <li>God wants us to talk to Him often through the day and treat Him as our best friend</li> <li>God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness</li> <li>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</li> <li>We can give thanks to God in different ways</li> </ul>	<p>Children can explain that:</p> <ul style="list-style-type: none"> <li>We are created individually by God who is Love, designed in His own image and likeness</li> <li>God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</li> <li>Every human life is precious from the beginning of life (conception) to natural death</li> <li>Personal and communal prayer and worship are necessary ways of growing in our relationship with God</li> <li>In Baptism God makes us His adopted children and ‘receivers’ of His love</li> </ul>	<p>Children can explain that:</p> <ul style="list-style-type: none"> <li>We were created individually by God who cares for us and wants us to put our faith in Him</li> <li>Physically becoming an adult is a natural phase of life</li> <li>Lots of changes will happen during puberty and some times it might feel confusing, but it is all part of God’s great plan and the results will be worth it!</li> </ul>

*‘As a family we live, love, learn and celebrate with Jesus.’*



# The Holy Family Catholic Primary School RSE Skills and Knowledge Progression

*The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.*

		<ul style="list-style-type: none"> <li>By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue)</li> <li>It is important to make a nightly examination of conscience</li> </ul>	
Me, My Body, My Health			
EYFS	KS1	LKS2	UKS2
<p>Children can express that:</p> <ul style="list-style-type: none"> <li>We are each unique, with individual gifts, talents and skills</li> <li>Whilst we all have similarities because we are made in God's image, difference is part of God's plan</li> <li>That their bodies are good and made by God</li> <li>The names of the parts of the body (not genitalia)</li> <li>That our bodies are good and we need to look after them</li> <li>What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>That we are unique, with individual gifts, talents and skills</li> <li>That our bodies are good</li> <li>The names of the parts of our bodies (naming genitalia will depend on key decision made by individual schools)</li> <li>That girls and boys have been created by God to be both similar and different and together make up the richness of the human family</li> <li>Our bodies are good and we need to look after them</li> <li>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community</li> <li>Self-confidence arises from being loved by God (not status, etc)</li> <li>They need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do</li> </ul> <p>Year 4 onwards</p> <ul style="list-style-type: none"> <li>What the term puberty means</li> <li>When they can expect puberty to take place</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community</li> <li>Self-confidence arises from being loved by God (not status, etc)</li> <li>That human beings are different to other animals</li> <li>About the unique growth and development of humans, and the changes that girls and boys will experience during puberty</li> <li>About the need to respect their bodies as a gift from God</li> </ul>

*'As a family we live, love, learn and celebrate with Jesus.'*



# The Holy Family Catholic Primary School RSE Skills and Knowledge Progression

***The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.***

	<ul style="list-style-type: none"> <li>The importance of sleep, rest and recreation for our health;</li> <li>How to maintain personal hygiene</li> </ul>	<ul style="list-style-type: none"> <li>That puberty is part of God's plan for our bodies</li> <li>Correct naming of genitalia</li> <li>What changes will happen to boys during puberty</li> <li>What changes will happen to girls during puberty</li> </ul>	<p>to be looked after well, and treated appropriately</p> <ul style="list-style-type: none"> <li>The need for modesty and appropriate boundaries</li> <li>How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</li> </ul>
Emotional Well-being			
EYFS	KS1	LKS2	UKS2
<p>Children can express that:</p> <ul style="list-style-type: none"> <li>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</li> <li>That it is natural for us to relate to and trust one another</li> <li>A language to describe their feelings</li> <li>An understanding that everyone experiences feelings, both good and bad</li> <li>Simple strategies for managing feelings</li> <li>Simple strategies for managing emotions and behaviour</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>That it is natural for us to relate to and trust one another</li> <li>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</li> <li>A language to describe our feelings</li> <li>In a simple way that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character</li> <li>Simple strategies for managing feelings and for good behaviour</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>That emotions change as they grow up (including hormonal effects)</li> <li>A deeper understanding of the range and intensity of their feelings; that 'feelings' alone are not good guides for action</li> <li>What emotional well-being means;</li> <li>That positive actions help emotional well-being (beauty, art, etc. lift the spirit)</li> <li>That talking to trusted people helps emotional well-being (eg parents/carer/teacher/parish priest)</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>That images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</li> <li>A deeper understanding of the range and intensity of their feelings; that 'feelings' are not the only good guides for action</li> </ul>

***'As a family we live, love, learn and celebrate with Jesus.'***



# The Holy Family Catholic Primary School RSE Skills and Knowledge Progression

*The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.*

<ul style="list-style-type: none"> <li>• That we have choices and these choices can impact how we feel and respond.</li> <li>• We can say sorry and forgive like Jesus</li> </ul>	<ul style="list-style-type: none"> <li>• That choices have consequences; that when we make mistakes, we are called to receive forgiveness and to forgive others when they do</li> <li>• That Jesus died on the cross so that we would be forgiven</li> </ul>	<ul style="list-style-type: none"> <li>• That images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>• That some behaviour is wrong, unacceptable, unhealthy and risky</li> <li>• That thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media</li> </ul>	<ul style="list-style-type: none"> <li>• That some behaviour is wrong, unacceptable, unhealthy or risky</li> <li>• That emotions change as they grow up (including hormonal effects)</li> <li>• About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being</li> <li>• The difference between harmful and harmless videos and images</li> <li>• The impact that harmful videos and images can have on young minds</li> <li>• Ways to combat and deal with viewing harmful videos and images</li> </ul>
Life Cycles			
EYFS	KS1	LKS2	UKS2
Children can express that: <ul style="list-style-type: none"> <li>• That there are natural life stages from birth to death, and what these are - typically naming baby, child, adult</li> </ul>	Children can describe: <ul style="list-style-type: none"> <li>• That there are natural life stages from birth to death, and what these are - typically naming baby, child, adult</li> </ul>	Children can explain: <ul style="list-style-type: none"> <li>• That they were handmade by God with the help of their parents</li> </ul>	Children can explain: <ul style="list-style-type: none"> <li>• How a baby grows and develops in its mother's womb</li> </ul>

*'As a family we live, love, learn and celebrate with Jesus.'*



**The Holy Family Catholic Primary School RSE Skills and Knowledge Progression**  
*The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.*

	child, teenager, adult, old age adult	<ul style="list-style-type: none"> <li>• How a baby grows and develops in its mother’s womb including, scientifically, the uniqueness of the moment of conception</li> <li>• How conception and life in the womb fits into the cycle of life</li> </ul>	<ul style="list-style-type: none"> <li>• About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life</li> <li>• Some practical help on how to manage the onset of menstruation</li> </ul> <p>NON STATUTORY - schools should make their own choices over these:</p> <ul style="list-style-type: none"> <li>• Basic scientific facts about sexual intercourse between a man and woman;</li> <li>• The physical, emotional, moral and spiritual implications of sexual intercourse;</li> <li>• The Christian viewpoint that sexual intercourse should be saved for marriage.</li> </ul>
--	---------------------------------------	---	--

<p><b>Module 2</b>          Religious Understanding          Personal Relationships          Keeping Safe</p>			
<p><b>Religious Understanding</b></p>			
EYFS	KS1	LKS2	UKS2

*‘As a family we live, love, learn and celebrate with Jesus.’*



# The Holy Family Catholic Primary School RSE Skills and Knowledge Progression

*The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.*

<p>Children can express that:</p> <ul style="list-style-type: none"> <li>We are part of God’s family</li> <li>Jesus cared for others and wanted them to live good lives like Him</li> <li>We should love other people in the same way God loves us</li> </ul>	<p>Children can describe that:</p> <ul style="list-style-type: none"> <li>We are part of God’s family</li> <li>Saying sorry is important and can mend friendships;</li> <li>Jesus cared for others and had expectations of them and how they should act</li> <li>We should love other people in the same way God loves us</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>That God loves, embraces, guides, forgives and reconciles us with him and one another</li> <li>The importance of forgiveness and reconciliation in relationships, and some of Jesus’ teaching on forgiveness</li> <li>That relationships take time and effort to sustain</li> <li>That we reflect God’s image in our relationships with others: this is intrinsic to who we are and to our happiness</li> </ul>	<p>Children can describe:</p> <ul style="list-style-type: none"> <li>That God calls us to love others</li> <li>Ways in which we can participate in God’s call to us</li> </ul>
Personal Relationships			
EYFS	KS1	LKS2	UKS2
<p>Children are able to describe:</p> <ul style="list-style-type: none"> <li>Special people (e.g. parents, carers, friends) and what makes them special</li> <li>The importance of the nuclear family and of the wider family</li> <li>The importance of being close to and trusting of ‘special people’ and telling them if something is troubling them</li> <li>How their behaviour affects other people and that there is</li> </ul>	<p>Children are able to describe:</p> <ul style="list-style-type: none"> <li>‘Special people’ (their parents, carers, friends, parish priest) and what makes them special</li> <li>The importance of nuclear and wider family</li> <li>The importance of being close to and trusting special people and telling them if something is troubling them</li> <li>How their behaviour affects other people, and that there is</li> </ul>	<p>Children can describe:</p> <ul style="list-style-type: none"> <li>Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong</li> <li>That there are different types of relationships including those between acquaintances, friends, relatives and family</li> <li>That good friendship is when both persons enjoy each other’s company and also want what is truly best for the other</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>That pressure comes in different forms, and what those different forms are</li> <li>That there are strategies that they can adopt to resist pressure</li> <li>What consent and bodily autonomy means</li> <li>Different scenarios in which it is right to say ‘no’</li> <li>How thoughts and feelings impact actions, and develop</li> </ul>

*‘As a family we live, love, learn and celebrate with Jesus.’*



# The Holy Family Catholic Primary School RSE Skills and Knowledge Progression

***The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.***

<p>appropriate and inappropriate behaviour</p> <ul style="list-style-type: none"> <li>• The characteristics of positive and negative relationships</li> <li>• Different types of teasing and that all bullying is wrong and unacceptable</li> <li>• When they have been unkind to others and say sorry</li> <li>• That when we are unkind, we hurt God and should say sorry</li> <li>• When people are being unkind to them and others and how to respond</li> <li>• That we should forgive like Jesus forgives</li> </ul>	<p>appropriate and inappropriate behaviour</p> <ul style="list-style-type: none"> <li>• The characteristics of positive and negative relationships</li> <li>• Different types of teasing and that all bullying is wrong and unacceptable</li> <li>• When they have been unkind and say sorry</li> <li>• When people are being unkind to them and others and how to respond</li> <li>• When we are unkind to others, we hurt God also and should say sorry to him as well</li> <li>• That we should forgive like Jesus forgives</li> </ul>	<ul style="list-style-type: none"> <li>• The difference between a group of friends and a 'clique'</li> <li>• Their awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying</li> <li>• Harassment and exploitation in relationships, including physical and emotional abuse and how to respond</li> </ul>	<p>strategies that will positively impact their actions and apply this in their relationships</p>
Keeping Safe			
EYFS	KS1	LKS2	UKS2
<p>Children can explain:</p> <ul style="list-style-type: none"> <li>• About safe and unsafe situations indoors and outdoors, including online</li> <li>• That they can ask for help from their special people</li> <li>• That they are entitled to bodily privacy</li> </ul>	<p>Children can explain:</p> <ul style="list-style-type: none"> <li>• Some safe and unsafe situations, including online</li> <li>• The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</li> <li>• How to resist pressure when feeling unsafe</li> </ul>	<ul style="list-style-type: none"> <li>• How to report and get help if they encounter inappropriate materials or messages</li> <li>• How to use technology safely</li> <li>• That bad language and bad behaviour are inappropriate</li> <li>• That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or</li> </ul>	<ul style="list-style-type: none"> <li>• How to report and get help if they encounter inappropriate materials or messages</li> <li>• What the term cyberbullying means and examples of it</li> <li>• What cyberbullying feels like for the victim</li> <li>• How to get help if they experience cyberbullying</li> </ul>

***'As a family we live, love, learn and celebrate with Jesus.'***





# The Holy Family Catholic Primary School RSE Skills and Knowledge Progression

## *The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.*

<ul style="list-style-type: none"><li>• That they can and should be open with 'special people' they trust if anything troubles them</li><li>• That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest</li><li>• That medicines should only be taken when a parent or doctor gives them to us</li><li>• That medicines are not sweets</li><li>• That we should always try to look after our bodies because God created them and gifted them to us</li><li>• That there are lots of jobs designed to help us</li><li>• That paramedics help us in a medical emergency</li><li>• That First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance</li></ul>	<ul style="list-style-type: none"><li>• That they are entitled to bodily privacy</li><li>• That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest</li><li>• That medicines are drugs, but not all drugs are good for us</li><li>• That alcohol and tobacco are harmful substances</li><li>• That our bodies are created by God, so we should take care of them and be careful about what we consume</li><li>• That they should call 999 in an emergency and ask for ambulance, police and/or fire brigade</li><li>• That if they require medical help but it is not an emergency, basic first aid should be used instead of calling 999</li><li>• Some basic principles of First Aid</li></ul>	<ul style="list-style-type: none"><li>• do can be good or bad for us and others</li><li>• How to report and get help if they encounter inappropriate materials or messages</li><li>• To judge well what kind of physical contact is acceptable or unacceptable and how to respond</li><li>• That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest</li><li>• That medicines are drugs, but not all drugs are good for us</li><li>• That alcohol and tobacco are harmful substances</li><li>• That our bodies are created by God, so we should take care of them and be careful about what we consume</li><li>• That in an emergency, it is important to remain calm</li><li>• That quick reactions in an emergency can save a life</li><li>• How to help in an emergency using their First Aid knowledge</li></ul>	<ul style="list-style-type: none"><li>• What kind of physical contact is acceptable or unacceptable and how to respond</li><li>• That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests</li><li>• The effect that a range of substances including drugs, tobacco and alcohol can have on the body</li><li>• How to make good choices about substances that will have a positive impact on their health</li><li>• That our bodies are created by God, so we should take care of them and be careful about what we consume</li><li>• How they may come under pressure when it comes to drugs, alcohol and tobacco</li><li>• That they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies</li><li>• That the recovery position can be used when a person is unconscious but breathing</li></ul>
--	--	---	---

*'As a family we live, love, learn and celebrate with Jesus.'*





**The Holy Family Catholic Primary School RSE Skills and Knowledge Progression**  
*The Progression of Skills documents will be updated to reflect Life to the Full Plus by  
 September 2023.*

			<ul style="list-style-type: none"> <li>That DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance</li> </ul>
--	--	--	---

<p align="center"><b>Module 3</b>            Religious Understanding            Living in the Wider World</p>			
<p align="center"><b>Religious Understanding</b></p>			
EYFS	KS1	LKS2	UKS2
Children can express: <ul style="list-style-type: none"> <li>That God is love: Father, Son and Holy Spirit</li> <li>That being made in His image means being called to be loved and to love others</li> <li>What a community is, and that God calls us to live in community with one another</li> <li>Some Scripture illustrating the importance of living in a community</li> <li>That no matter how small our offerings, they are valuable to God and He can use them for His glory</li> </ul>	Children can explain <ul style="list-style-type: none"> <li>That God is love: Father, Son and Holy Spirit</li> <li>That being made in His image means being called to be loved and to love others</li> <li>What a community is, and that God calls us to live in community with one another</li> <li>A scripture illustrating the importance of living in community as a consequence of this</li> <li>Jesus’ teaching on who is my neighbour</li> </ul>	Children can describe that: <ul style="list-style-type: none"> <li>God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self- giving relationship’</li> <li>The human family can reflect the Holy Trinity in charity and generosity</li> <li>The Church family comprises home, school and parish (which is part of the diocese)</li> </ul>	Children can explain: <ul style="list-style-type: none"> <li>That God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity</li> <li>That the Holy Spirit works through us to bring God’s love and goodness to others</li> <li>The principles of Catholic Social Teaching</li> <li>That God formed them out of love, to know and share His love with others</li> </ul>

*‘As a family we live, love, learn and celebrate with Jesus.’*



**The Holy Family Catholic Primary School RSE Skills and Knowledge Progression**  
***The Progression of Skills documents will be updated to reflect Life to the Full Plus by September 2023.***

Living in the Wider World			
EYFS	KS1	LKS2	UKS2
<p>Children can express:</p> <ul style="list-style-type: none"><li>• That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community</li><li>• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.</li><li>• That we have a duty of care for others and for the world we live in (charity work, recycling, etc)</li><li>• About what harms and what improves the world in which they live</li></ul>	<p>Children can explain:</p> <ul style="list-style-type: none"><li>• That they belong to various communities such as home, school, parish, the wider local community, nation and global community</li><li>• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc.</li><li>• That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</li><li>• What harms and what improves the world in which we live in simple terms</li></ul>	<p>Children can explain:</p> <ul style="list-style-type: none"><li>• That God wants His Church to love and care for others</li><li>• Practical ways of loving and caring for others</li></ul>	<p>Children can explain:</p> <ul style="list-style-type: none"><li>• How to apply the principles of Catholic Social Teaching to current issues</li><li>• Ways in which they can spread God's love in their community</li></ul>

***'As a family we live, love, learn and celebrate with Jesus.'***