

Health and Relationships Progression

	EYFS	Year 1	Year 2
Me and my relationships	<ul style="list-style-type: none"> To know that everyone is different To know and name people who help me To know we have a range of feelings and what can cause them. To know which trusted adults I can ask for help. ELG: to know how to regulate behaviour 	<ul style="list-style-type: none"> To know and name different feelings and how they might make me behave. To know ways of dealing with 'not so good' feelings and how to help others. To know when I need help and who to ask to manage my feelings and relationships. To know which trusted adults they have at home and/or school keep me safe. 	<ul style="list-style-type: none"> To know we have different ways to express our feelings. To know how to express feelings in a safe, controlled way. To know some ways that I can get help, if I am being bullied and what I can do if someone teases me including telling somebody they trust. To know what makes a good friend and also say how they try to be a good friend.
Valuing difference	<ul style="list-style-type: none"> To know differences are to be celebrated. To know about my family life. To know it is polite to listen others To know how to show kindness and how to be helpful to others. 	<ul style="list-style-type: none"> To know and name ways in which people are similar as well as different. To know why things sometimes seem unfair, even if they are not to me. To know what bullying is. To know ways to show kindness towards others. 	<ul style="list-style-type: none"> To know they are to be respectful of those who are different to me. To know how someone can change someone's feelings. To know why it is important to show good listening to people who think differently to me. To know strategies to help someone who feels left out. To know how to show kindness and use kind words to others.
Keeping myself safe	<ul style="list-style-type: none"> To know that my body needs to stay healthy. To know not to touch medicines and things I don't know without our adults. To know some things that can be dangerous inside and outside. To tell you what is safe to play online and who to talk to if I feel worried. To know which adults who keep me safe and when I might need their help. 	<ul style="list-style-type: none"> To know my body needs to stay well through exercise, sleep, healthy foods and hygiene To know what I can do if I have strong, but not so good feelings, to help me stay safe To know to say 'no' to unwanted touch and ask for help from a trusted adult. To know when medicines can be helpful or might be harmful. To know how to stay safe around medicine. 	<ul style="list-style-type: none"> To know medicines can be helpful or harmful To know how medicines can be used safely. To know when to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe. To know what I do and don't like and who to ask for help. To know the difference between safe and unsafe secrets To know safe people who can help if something feels wrong. To know touches that are ok or not ok (even if they haven't happened to me)
Rights and responsibilities	<ul style="list-style-type: none"> To know ways to help my family. To know how to help to clean and tidy my home and classroom. To know you some ways to look after our world. To know to be kind to friends and others. 	<ul style="list-style-type: none"> To know how to wash my hands correctly. To know ways to look after our homes and school. To know to look after a special person or thing. To know to get help if someone has hurt themselves. 	<ul style="list-style-type: none"> To know different choices that help me play and work well with others. To know strategies when I feel upset or angry to manage my feelings. To know ways I can look after my environment. To know we can make choices with money.

Being my best	<ul style="list-style-type: none"> • To know to keep trying if the way I choose doesn't work first time. • To know and name different types of feelings we have. • To know some healthy food choices. • To know being healthy includes sleep and exercise. 	<ul style="list-style-type: none"> • To know that persistence is needed when learning a new skill. • To know what I can do if I find something difficult. • To know how help my friends when they fall out. 	<ul style="list-style-type: none"> • To know that setting a goal or goals will help me to achieve what I want to be able to do. • To know how hand-hygiene stops 'virus' and germs from spreading. • To know what I can do and give to my body to stay healthy. • To know the names of different parts of my body (inside)
Growing and changing	<ul style="list-style-type: none"> • To know the life cycle of an animal. • To know how a baby grows to an adult and what they might need. • To tell you the scientific names for my body parts. 	<ul style="list-style-type: none"> • To know what I can do now that I couldn't do as a toddler and some things that I am still learning to do. • To know some surprises and secrets are not safe • To know who to talk to about worries. • To know the body parts girls and boys have that are the same and which body parts are different. • To know the adults I can talk to at home and school if I need help. • To know the PANTS rule 	<ul style="list-style-type: none"> • To know we may experience feelings of loss and suggest what someone can do if a friend moves away. • To know the stages of growth we have been through and what to look forward to in my future. • To know the names of human private parts • To know private parts are private.

Health and Relationships Vocabulary

	EYFS	Year 1	Year 2
Me and my relationships	<ul style="list-style-type: none"> • Special • Family • feelings • practice • favourite • help • happy • effort • same • sad • kind • different • helpful 	<ul style="list-style-type: none"> • rules • hurt • friendship • listening • safe • body language • behaviour • responsibility • emotions • work together • support 	<ul style="list-style-type: none"> • bullying • friendly • showing feelings • teasing • repeated • caring • don't do that • friendly • regular
Valuing difference	<ul style="list-style-type: none"> • New • Friend • Like • kindness • dislikes • home • unkind 	<ul style="list-style-type: none"> • fair • unkindness • qualities • unfair • difference • tease • respect • bully • bullying • behaviour 	<ul style="list-style-type: none"> • unique • cooperate • calm • aggressive • problem solve
Keeping myself safe	<ul style="list-style-type: none"> • clean • sleep • safe • unsafe • worried • detective • tell • fresh air • uncomfortable • adult • cuddle • trust • medicine • address • chemist • doctor • grown up 	<ul style="list-style-type: none"> • energy • feelings • medicine • private • rest • worried • water • grow • nervous • loss • harmful • privates • air • tired • scared • lost • oxygen • exercise 	<ul style="list-style-type: none"> • touch • surprise • uncomfortable • worried • tell • genitals • consent • permission • secret • uncomfortable • tell • trust
Rights and responsibilities	<ul style="list-style-type: none"> • working together • environment • money • look after • litter • shop • save • electricity • buy • safe place • be alone • caring • pollution • cost • recycle 	<ul style="list-style-type: none"> • hygiene • first aid • routine • responsibility • bank • risk • clean • accident • spending • danger • afford • worth • hazard • burn • accident • emergency 	<ul style="list-style-type: none"> • control • share • erupt • uniform • saving • saving • take turns

Being my best	<ul style="list-style-type: none"> • bounce back • try • food • exercise • routine • energy • heart • calm • grow • muscles • healthy • wash • fruit • vegetable 	<ul style="list-style-type: none"> • healthy • germs • learning • praise • behaviour • disease • practice • support • consequences • hygiene • mistakes • feedback • confidence • encourage • promise • achievement 	<ul style="list-style-type: none"> • choose • vaccination/injection • oxygen • brain • choices • heart • goal • healthy • hygiene • lungs • achieve • unhealthy • stomach • challenge • rest • small intestine • large intestine • Protein • Dairy • carbohydrates
Growing and changing	<ul style="list-style-type: none"> • seasons • growing • baby • family • spring • life cycles • child • summer • teenager • love • autumn • adult • care • winter • old age • grow • cycle 	<ul style="list-style-type: none"> • organ • change • surprise • privates • secret • attention • tease • uncomfortable • brain • bully • hygiene • stomach • bullying • witness • digested • experience • getting help 	<ul style="list-style-type: none"> • first aid • support • penis • supportive • rest • vulva • accident • emotions • testicles • danger • frightened • care • hazard • nervous • nipples • consent • permission