



Wellbeing (RSHE) Progression Map

Physical health and Mental Wellbeing

Mental Wellbeing

Nursery	Reception	Year 1	Year 2
To identify and name some feelings. Talk about feelings using words like happy, sad, angry, worried. To share their likes and dislikes. Set themselves short goals. To share views and opinions.	To express their feelings and identify causes. Understand their own feelings and how they can affect others. Identify their positive qualities and strengths. Share their views and opinions and give reasons for them.	To recognise and check in with feelings. To know that mental wellbeing is as important as physical health Understand vocabulary to describe their feelings both good and bad. To understand that all feelings are okay but that all behaviours are not To learn self-regulation. To recognise a sense of worth. Identify ways to face new challenges. To express their views and listen to those of others.	To recognise and describe own feelings. To identify some factors that affect emotional health and wellbeing both good and bad. To express their views confidently, reflect on and listen to those of others. To know the benefits of physical exercise and time outdoors To learn simple self-care techniques To know what loneliness means

Healthy Eating

Nursery	Reception	Year 1	Year 2
To know which foods are good for you. To know which foods are bad for your teeth. To make healthy choices about food	To know which foods are healthy. To know which foods can cause tooth decay.	To know which foods constitute a healthy diet	To know the characteristics of a poor diet (e.g. tooth decay) To know what makes a balanced plate



Physical Health and Fitness

Nursery	Reception	Year 1	Year 2
To enjoy spending time outside To be able to move in different ways	To be confident to try new activities To move safely around the environment. To know what happens to my body when I exercise	To know what exercise is and why it is important	To know the characteristics and mental and physical benefits of an active lifestyle/

Health and Prevention

Nursery	Reception	Year 1	Year 2
To manage basic hygiene To use toilet independently	To know that we should eat healthy food and to give examples To say what happens to our bodies when we exercise To dress and undress independently To know why we wash our hands and our bodies Understand the importance of healthy food choices	To know how we can stay healthy and talk about healthier food. To know why we must keep ourselves clean. To know why sleep is important To know how to brush teeth To sequence stages of growth. To talk about the differences between boys and girls.	To be able to make healthier choices and give reasons for choices. To know how diseases spread and how to control them (hand washing) To know about oral decay and why tooth brushing is so important To know the differences between boys and girls and name body parts.

Internet Safety and Harms

Nursery	Reception	Year 1	Year 2
Talk about ways to keep healthy and safe. To only use a tablet or computer with a parent.	To know how to keep themselves safe; at home, On the road In the sun	To know what the internet is and how it can help us To know what 'online' means and which devices can connect	To consider the effects of their online actions on others and know how to recognise and

	Know that adults keep us safe Understand stranger danger and ways to keep safe NSPCC pants rule Know how to keep safe online	To know that the internet can be a negative dangerous place To know not to share personal data To know what to do to be safe on the internet Understand which people can help us to stay safe – protective hands. Begin to develop an awareness of why we have to keep safe online.	display respectful behaviour online To know that some computer games are age restricted To know that not everything on the internet is true and be aware of AI To know why we have passwords and not to share them To know what a secret is and why it is important to share it sometimes. To know how we may be unsafe online and follow e-safety steps to be safe.
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Relationships

Families and people who care for me

Nursery	Reception	Year 1	Year 2
Recognise differences between themselves and others and is sensitive and respectful to these. Understand that humans change	To know who is in my family. To know that families can change and can be different To show an understanding of own feelings and feelings of others.	Understand that families are made up of a special group of people, which can change over time To know that families are important for children growing up because they give love and security Understand how changes and events can influence our feelings To know what bereavement means.	Understand that children and adults have responsibilities to each other Understand that we should feel loved, cared for and safe in our homes – know what to do if our needs are not being met. To know how bereavement can make us feel. To know what trust means and how to recognise who to trust.



Caring Friendships

Nursery	Reception	Year 1	Year 2
To know how to be a good friend. To understand how others might be feeling	To work and play cooperatively and take turns with others Show sensitivity to their own and other's needs	To know that friendships are important in making us feel happy and secure, and how people choose and make friends. To know what makes a good friend	To understand that friendships have ups and downs and that problems can be solved using a restorative approach.

Respectful Relationships

Nursery	Reception	Year 1	Year 2
To begin to solve problems and conflicts with adults help. To know what sharing and taking turns means.	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly	To understand the importance of respecting others To understand that friends do not always agree with each other and that we can resolve our differences kindly, with respect. To understand that difference can be a positive thing in our relationships To know that permission seeking is important in relationships with friends and adults.	Understand that friends should treat each other kindly and fairly. To know how to be more respectful to others. Understand that it is not okay to try and control others To know that permission seeking is important in relationships with friends and adults. To know about different types of bullying and talk about why bullying is so hurtful

Nursery	Reception	Year 1	Year 2
Global week and other cultural celebrations that are part of our school celebrations.			
Talk about feelings and their own and other's behaviours. Know that some behaviour is unacceptable. Work as part of a group	Understand that people come from different backgrounds. Know that in school different pupils behave in different ways. Be aware of and follow the rules.	Begin to identify and respect difference between people. Beginning to identify ways others can be teased or bullied and understand why this is wrong.	Understand that their behaviours and actions can impact on others. Identify and respect differences between people.



	Work as part of a class, taking turns and sharing.		Understand ways others can be teased or bullied and why this is wrong. Identify strategies to resist bullying/what to do when witness bullying.
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Online Relationships

Nursery	Reception	Year 1	Year 2
To know that we must use tablets with an adult To know what to do if we see something we don't like	To know that sometimes it can be unsafe online. To know what to do if they see something they don't like. To know not to use tablets etc without parent's permission.	To know that people behave differently online	To know the rules and principles for keeping safe online, how to recognise harmful risks and what to do

Being safe

Nursery	Reception	Year 1	Year 2
To know that we can say no and stop I don't like it.	To know that each person's body belongs to them. (NSPCC pants) To know what to say when they don't like something or they feel unsafe. To know how to keep safe on the road. To know the importance of wearing sunscreen To know who keeps us safe (emergency services etc)	To know what private and privacy mean To know that each person's body belongs to them (NSPCC pants) To know what 'unsafe' means Understand stranger danger and identify ways to stay safe; at home, on the road, in the sun. Begin to understand what a secret is and why it may be important to share it.	To know that it is not always okay to keep secrets and why To know how to respond safely and appropriately to adults they may encounter To know how to ask for help Understand what medicines are. Understand how people keep us safe out of school, police and road safety.



Wider world including British Values

Nursery	Reception	Year 1	Year 2
Understand and follow the rules Adjust behaviour to different situations and take changes of routine in their stride. Listen to others when they speak	Know why we have rules including rules which keep us safe. Be able to follow the rules. Start to say why and how things are wrong Begin to understand the role of money – tuck shop	Begin to understand the difference between right and wrong and discuss rules within society. Respond to simple questions. Explain own views and listen to the views of others. Understand the importance of money – tuck shop and enterprise.	Understand the difference between right and wrong and discuss rules within society and the consequences of breaking these rules. Express own views with reasons. Listen and respond to other's views. Know where money comes from and how it can be used. Understand how to look after the environment.