

EYFS/KS1 RSHE Outcomes 2022-23

| | EYFS/KS1 |
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| Self-awareness | <p>Discovery line Pupils will show an awareness of their reflection when looking in a mirror and will respond when talked to. They will show pleasure at being tickled and other physical interactions during games and songs. Pupils will respond to close contact with a familiar or preferred adult and can be comforted by close contact with familiar adults.</p> <p>Explorer line Pupil will play co-operatively with a familiar adult. Pupil will begin to demonstrate a sense of self as an individual by wanting to do things independently. Pupil can show a caring nature towards other children. They co-operate with the responsibility of carrying out small jobs.</p> |
| Self-care, support and safety | <p>Discovery line Pupils are beginning to co-operate during times of personal care and dressing. They can remove shoes and socks and engage with hygiene routines. Pupils will respond to close contact with a familiar or preferred adult and can be comforted by close contact with familiar adults.</p> <p>Explorer line Pupils are able to identify trusted adults in school and being to ask them for help when needed. They are aware that some of their actions can hurt others. Pupils understand the rules for keeping safe in the classroom and in other areas of the school.</p> |
| Managing feelings | <p>Discovery line Pupils will show a range of emotions such as pleasure, fear and excitement. Pupils will respond emotionally to other people's emotions. They seek physical and emotional comfort from trusted adults. They use self-calming techniques with minimal prompting.</p> <p>Explorer line Pupils begin to react to the feelings and wishes of others. They are able to discuss the emotions of characters in the stories using familiar visuals. They are beginning to have an understanding of the reasons for some feelings i.e. why they are happy or sad.</p> |
| Changing and growing | <p>Discovery line Pupils will be able to recognise some body parts and match them to identical symbols. They respond with curiosity to prompting about babies, i.e. what they look like and how they behave. They can undertake basic personal hygiene tasks such as teeth brushing.</p> <p>Explorer line Pupils will be able to label main body parts and are beginning to understand why personal hygiene is important. They are able to describe some of the differences between a baby, child and adult and begin to consider how needs change in that time.</p> |
| Healthy lifestyles | <p>Discovery line Pupils will respond with curiosity to stimuli about the people who help us when we are feeling unwell. They will follow hygiene and personal care routines with decreasing support. Pupils will practise basic cooking skills with increasing independence i.e. spreading, cutting, and pouring.</p> <p>Explorer line Pupils will identify foods that they like or dislike, showing some awareness of what healthy means. They will be able to engage in personal care and hygiene routines independently. They will be able to communicate when they are feeling poorly and know that medicines might help them feel better.</p> |
| The world I live in | <p>Discovery line Pupils will be able to share new experiences with trusted adults in school. They will be able to follow some simple social rules in the classroom initially, moving to around the school. Pupils will begin to engage in pretend play with a range of characters and resources.</p> <p>Explorer line Pupils will be able to explain some of the similarities and differences between people and identify the different jobs some of the people we know do. They will be able to recognise some money (notes and coins) and show what it may be used for.</p> |

KS2 RSHE Outcomes 2022-23

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| Self-awareness | <p>Discovery line Pupils will respond to a range of stimuli about emotions and people who are special to them. They will be able to describe themselves and begin to demonstrate good listening and turn-taking in school. Pupils will be able to identify people who are special to them and begin to recognise what is meant by 'family'.</p> <p>Explorer line Pupils will learn that families are important for children growing up because they can give love, security and stability. They will learn that others' families sometimes look different from their family but they should respect those differences. Pupils will consider how they can overcome common friendship issues.</p> |
| Self-care, support and safety | <p>Discovery line Pupils will respond to a range of stimuli about communication and keeping safe. They will be able to identify trusted adults in school, particularly developing how to ask for help. Pupils will begin to recognise some personal belongings.</p> <p>Explorer line Pupils will learn how to recognise who to trust and who not to trust and how to judge when a friendship is making them feel unhappy or uncomfortable including online. They will learn that sometimes people behave differently online including by pretending to be someone they are not. Pupils will learn how to recognise and report feelings of being unsafe or bad about any adult.</p> |
| Managing feelings | <p>Discovery line Pupils will respond to a range of stimuli about facial expressions and feelings. They will be able to identify things that make them happy or sad, broadening their vocabulary where appropriate. Pupils will begin to identify some different ways of communicating feelings and needs to others.</p> <p>Explorer line Pupils will learn about a range of practical steps they can take in a range of different contexts to improve or support respectful relationships. They will learn that there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations. They will learn how to recognise and talk about these emotions using a range of appropriate vocabulary.</p> |
| Changing and growing | <p>Discovery line Pupils will respond to a range of stimuli about babies and body parts. They will begin to identify some of the differences between a baby, child and adult. They will begin to recognise correct vocabulary for some main body parts. They will respond to adult modelling for how to show through our responses if we are unhappy/uncomfortable with the way someone is touching us.</p> <p>Explorer line Pupils will learn key facts about how the body changes during adolescence and key facts about puberty. They will learn about the physical and emotional changes that may happen. They will learn the importance of asking and giving permission in relationships with friends, peers and adults.</p> |
| Healthy lifestyles | <p>Discovery line Pupils will identify foods that they like or dislike, showing some awareness of what healthy means when linked to specific foods. They will be able to engage in personal care and hygiene routines independently. They will be able to communicate when they are feeling poorly or tired.</p> <p>Explorer line Pupils will learn about the physical and mental benefits of an active lifestyle and the benefits of building regular exercise into a routine. They will learn about the importance of good quality sleep and the benefits of rationing time online. They will learn about dental health and the benefits of good oral hygiene as well as personal hygiene; with an understanding of how germs are spread and treated. Pupils will learn what is included in a healthy diet.</p> |
| The world I live in | <p>Discovery line Pupils will respond with curiosity to stimuli about the different jobs people we know do. They will be able to recognise some money (notes and coins) and will be able to show they know that it is used to buy items. Pupils will identify ways in which people look after animals or other people.</p> <p>Explorer line Pupils will learn about the different types of jobs that people can do. They will learn that all people deserve to be treated with respect regardless of any differences between them and said person. Pupils will learn what bullying is and how to help if they see it happening. .</p> |

KS3 RSHE Outcomes 2022-23

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| Self-awareness | <p>Discovery line Pupils will describe things that they enjoy and are good at. They will consider how others feel differently to them about the same situation and think about examples where this may happen. Pupils will identify how to treat themselves and others with respect.</p> <p>Explorer line Pupils will identify their hopes for further in the future and begin to consider the areas in which they need help from others. Pupils will learn that all bullying is abusive and unacceptable, they will consider what they can do if they feel they, or another person, are being bullied.</p> |
| Self-care, support and safety | <p>Discovery line Pupils will be able to describe simple ways to stay safe both online and offline. They will be able to identify what is or is not appropriate to do in public. Pupils will be able to identify things we can do independently to look after ourselves. They will learn about when to tell a trusted adult about a secret and how to make it clear they are asking for help.</p> <p>Explorer line Pupils will consider what they can do if they are feeling pressurised in a range of situations, or if they see someone else being pressurised and taking risks. They will learn about basic rules for using social media including age restrictions and why these are in place. Pupils will learn ways to give or not give permission if they do not want to lend someone their belongings. They will consider what they can do if someone does not respect their privacy.</p> |
| Managing feelings | <p>Discovery line Pupils will be able to describe and demonstrate simple strategies to help them manage uncomfortable feelings. They will begin to understand that no-one has the right to make us feel unhappy, worried or make us do things we do not want to do. Pupils will begin to understand feelings of change or loss.</p> <p>Explorer line Pupils will learn how to explain how their feelings and actions can have an impact on others. They will be able to describe or demonstrate how to respond appropriately to other's feelings. Pupils will develop their vocabulary to express the intensity of a feeling.</p> |
| Changing and growing | <p>Discovery line Pupils will be able to describe some of the things they can do now which they couldn't when they were younger. They will be able to describe some of the physical changes that happen as they grow up. Pupils will learn about unwanted touch and how to show they do not like it. They will begin to discuss romantic relationships.</p> <p>Explorer line Pupils will explain how the needs of babies, children and adults differ. They will recognise that puberty experiences of an individual vary and they will identify reliable resources for advice on changing and growing. They will consider the qualities of healthy and positive friendships and family relationships. Pupils will begin to recognise that relationships, including marriage and civil partnership, can be between people of any gender.</p> |
| Healthy lifestyles | <p>Discovery line Pupils will begin to consider why we might need to eat foods we do not like very much and explain why some foods are healthier than others. They will be able to give reasons why personal hygiene is important and describe some different ways to be physical healthy. Pupils will begin to understand the symptoms of feeling unwell and how medicine can help with this.</p> <p>Explorer line Pupils will learn about what influences what we eat and consider when these may be positive or negative. They will be able to describe which foods we should eat occasionally and explain why. Pupils will be able to explain how and why we should take care of our bodies both now and in the future. They will begin to learn strategies for what to do if they are offered a substance not intended for children i.e. cigarette, alcohol or another type of substance.</p> |
| The world I live in | <p>Discovery line Pupils will consider the qualities that people need for different types of jobs and begin to consider a job that they might like to do in the future. They will think about particular rules that keep us safe and describe what is done in our homes to look after them. Pupils will continue to learn about money, where it is from, what it might be spent on and how to keep it safe.</p> <p>Explorer line Pupils will learn about how to respond and report things that they feel uncomfortable hearing or seeing. They will begin to consider how what they are learning in school might help them in future jobs. Pupils will begin to explain why it is important to look after the environment. They will become familiar with new vocabulary such as 'afford'.</p> |

KS4 RSHE Outcomes 2022-23

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| | <h2>KS4</h2> |
| Self-awareness | <p>Discovery line Pupils will begin to think about what they are good at and what they enjoy. They will consider their own targets and goals linked to learning. They will think about what unique means and what it would mean to treat everyone fairly. Pupils will begin to give examples of kindness and unkindness.</p> <p>Explorer line Pupils will begin to think of themselves as learners, considering what they like or dislike as a learner. They will consider the differences between short term and long-term goals. They will become familiar with the vocabulary such as prejudice and discriminate. Pupils will begin to learn about peer influence and peer pressure.</p> |
| Self-care, support and safety | <p>Discovery line Pupils will be able to describe the difference between feeling well and unwell. They will be able to explain what it means to be frightened or worried. Pupils will begin to consider how to keep safe both online and offline. They will be able to discuss rules at home and school that keep us safe.</p> <p>Explorer line Pupils will be able to identify whom they can tell if they are feeling unwell and why it is important to do so quickly. Pupils will revise what is meant by unwanted physical contact and identify whom they ask for help if this happens to them. They will begin to understand that some people online may not be who they say they are and be able to discuss risky behaviour. Pupils will learn about what information should be shared and what is private.</p> |
| Managing feelings | <p>Discovery line Pupils will consider the different feelings we may experience at different times and how these may be expressed. They will describe how we might look or sound when we are feeling different emotions. Pupils will be able to identify what it means to like someone. They will consider how different feelings might make them behave.</p> <p>Explorer line Pupils will identify the difference between 'liking' someone and 'fancying' them. They will recognise happy and unhappy through the facial expressions of other. Pupils will identify things they can do which will help them to feel good about themselves. They will show an understanding of strong emotions such as anger, fear, frustration, excitement, anxiety, jealousy.</p> |
| Changing and growing | <p>Discovery line Pupils will learn about the different kinds of friendships and describe ways in which friendships are important. They will be able to explain some of the different ways they have changed whilst getting older. Pupils will be able to reflect on how past experiences have made them feel. They will begin to understand about permission and consent in a range of contexts.</p> <p>Explorer line Pupils will be able to explain why puberty happens and consider the changes at different stages of life. They will begin to understand the different types of relationships and describe their expectations of a friendship. Pupils will learn that they have the right to say 'no' to anything that they feel uncomfortable with.</p> |
| Healthy lifestyles | <p>Discovery line Pupils will explain what it means by a healthy lifestyle and identify different kinds of physical activity and exercise. They will identify how some substances that might be swallowed, drunk or inhaled can be harmful to a person's health. Pupils will begin to describe the different images of young people in magazines, on TV and in social media.</p> <p>Explorer line Pupils will begin to recognise what mental health and emotional wellbeing are. They will identify the benefits of physical activity and begin to consider the consequences of inactivity. They will recognise that there are laws around selling nicotine and alcohol and why. Pupils will describe their thoughts about how different bodies are portrayed in the media.</p> |
| The world I live in | <p>Discovery line Pupils will be able to identify rules for at home, at school and in the wider world. They will be able to recognise that not everything we see online is 'rule' or 'true'. Pupils will be able to explain the different ways you can get cash (i.e. a cash machine and cash back) and describe how it can be best used.</p> <p>Explorer line Pupils will be able to describe some of the similarities and differences among people of different race, faith and culture. Pupils will recognise what they can trust on the internet. They will understand that there are a range of options in adulthood including different employment opportunities. Pupils will deepen their understanding of the rights and responsibilities of themselves and others.</p> |

KS5 RSHE Outcomes 2022-23

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| Self-awareness | <p>Discovery line Pupils will be able to explain how they are working towards a target and how they can be organised for their learning with increasing independence. They will begin to recognise different forms of prejudice and discrimination and know where to go for support if they see any of these.</p> <p>Explorer line Pupils will explain that how we feel about ourselves (self-esteem) can be affected by what is happening in our lives. They will be able to give reasons why media, including how social media can affect how people feel about themselves. Pupils will identify reasons why we might put ourselves under pressure, and how others may apply pressure or encourage us to join a group or a gang; exit strategies and how to access appropriate support.</p> |
| Self-care, support and safety | <p>Discovery line Pupils will be able to identify some things we can do to take care of our physical wellbeing and our mental wellbeing. They will recognise some situations where we might need to ask someone for help with our mental wellbeing. They will be able to identify aspects of their life they want to keep private and manage requests to share images.</p> <p>Explorer line Pupils will become familiar with vocabulary that might be used when something is an emergency and explain what they might need to do in particular emergency situations. They will consider how behaviour on social media can effect real life relationships and discuss how they can take care of their own and other's well-being online. Pupils will identify ways to recognise manipulation online and consider how to respond.</p> |
| Managing feelings | <p>Discovery line Pupils will be able to identify things that they say or do that could have an impact on themselves and others. They will consider how to help others who are unhappy and identify adults that they can seek help from. Pupils will be able to identify strong emotions, when they might feel these strong emotions and how growing up, they might feel these more often.</p> <p>Explorer line Pupils will learn how to demonstrate polite and assertive ways of challenging unkind comments directed at them or others. They will recognise signs that they or someone they know might need help to cope with strong emotions and whom to speak to. Pupils will be able to identify reliable and trustworthy sources of support for a range of relevant issues, including online (e.g. Childline). Pupils will recognise that everyone of all genders and sexual orientation is unique, special and worthy of respect.</p> |
| Changing and growing | <p>Discovery line Pupils will be able to describe the specific physical and emotional changes that happen during puberty and explain why personal hygiene is particularly important at that time. They will be able to demonstrate how to manage disagreements in friendship respectfully and identify the differences between healthy and unhealthy friendships. They will develop their understanding of intimate relationships, consent and contraception.</p> <p>Explorer line Pupils will consider how a friendship may end positively and explain what is meant by compromise, giving some examples of what a compromise is. They will identify how saying 'yes' under pressure is not consent, and is not the same as freely given, enthusiastic consent. Pupils will identify some of the changes in family circumstances that might occur following separation, divorce, illness or bereavement.</p> |
| Healthy lifestyles | <p>Discovery line Pupils will explain what a healthy lifestyle means, including the importance of healthy eating, sleep, personal hygiene, dental health, physical exercise and emotional wellbeing. They will explain why it is important to seek help for ourselves or others if we are worried about unhealthy coping behaviours (e.g. self-harm or disordered eating). Pupils will understand what is meant by body image and why people might edit this on social media. They will describe some of the risks and possible consequences of drinking alcohol, smoking and other drugs on the body.</p> <p>Explorer line Pupils will be able to describe what might affect choices we make about our health. They will describe the challenges that can prevent them from exercising, and suggest ways to overcome them. Pupils will identify ways of motivating themselves to take exercise. They will explain why advertisers might use manipulated images and how recognising this might influence our responses. Pupils will describe what is meant by someone having a 'habit', or 'addiction' in terms of substance misuse.</p> |
| The world I live in | <p>Discovery line Pupils will recognise what we all have in common, despite differences (e.g. in age, ability, sex, sexual orientation and gender identity). They will identify some of the different kinds of rights and responsibilities we have in and</p> |

outside school. Pupils will describe some responsibilities everyone has to take care of the environment. They will explain how they can check if something is safe online. Pupils will describe the consequences of losing money or spending more than we have.

Explorer line

Pupils will be able to describe how to safely challenge stereotyping or discrimination when they witness or experience it. They will develop their understanding of fake news and how it can influence people. They will demonstrate some of the skills that can help someone to get a job. Pupils will be able to describe some simple examples of what is meant by 'value for money' and explain the benefits and different methods of saving for the future.