

St. Mary's Catholic Voluntary Academy, New Mills

ALL ABOUT ME – Key Knowledge Progression

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Relationships Education	<ul style="list-style-type: none"> -God loves each of us in our uniqueness. - I know what I like and dislike. -Name similarities and differences between myself and others. -Say how I feel at different times. -I know that I belong to a family and can name my family members. -I can identify special people (family, carers, friends) in my life. -Show friendly behaviour and care towards others. -I know what makes a friend. 	<ul style="list-style-type: none"> -I give thanks for the good things in my life. -I know that I am part of a family. I know that we all have different likes and dislikes. -I can name happy and sad times in my life. -I can talk about my mood and know that how I am feeling is a normal part of daily life. -Be friendly and can make friends. -Be forgiving, able to say sorry to mend relationships. 	<ul style="list-style-type: none"> -I know that healthy families love, care and protect one another and that there are different family structures and these should be respected. -I know how my behaviour affects other people and that there are appropriate and inappropriate behaviours. -I know that there are different types of teasing and bullying which are wrong and unacceptable and how to respond. -I can recognise the characteristics of positive and negative relationships. -I know the importance of seeking and giving permission in relationships. -I know that I belong to a community. 	<ul style="list-style-type: none"> -I can confidently say what I like and dislike. -I can be honest, able to be truthful in my relationships with others. -I know that some behaviour is unacceptable. -I can cope with natural negative emotions and show resilience following setbacks. -I know that I can go to a number of different people for help in different situations. -I know that there are different types of relationships including those between acquaintances, friends, relatives and family. -I can recognise emotions through a person's body language -I understand the difference between appropriate and inappropriate touch. 	<ul style="list-style-type: none"> -I know that life is precious and given by God. -I know that God wants me to use my individual gifts, talents and abilities. -I can describe the wider range of my feelings. -I can identify different types of relationships. -I can distinguish between healthy and unhealthy relationships. -I understand the difference between appropriate and inappropriate touch. -I know who I can talk to if I feel uncomfortable. -I recognise that marriage represents a formal and legally recognised commitment and has a special significance as one of the sacraments. 	<ul style="list-style-type: none"> -I know that we are all children of God and made in God's image and likeness. -I know that prayer and worship nourish my relationship with God and support my relationships with others. -I can be compassionate, able to empathise with the suffering of others and displaying the generosity to help. -I know about changes that can happen in life, e.g. loss, separation, divorce and bereavement and the emotions that can accompany these changes. 	<ul style="list-style-type: none"> I can show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges I know how to make informed choices in relationships I know that there are some cultural practices which are against British law and universal rights (e.g. honour-based violence and forced marriage, human trafficking etc.) I know that actions such as female genital mutilation (FGM) constitute abuse, are crimes and how to get support if they have fears for themselves or their peers. I can explain some of the Responsibilities of parenthood.

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				- I understand personal boundaries.			
Health Education	-I know that a baby grows inside its mother's womb/tummy before birth.	-I know that babies change and grow and that there are life stages from conception to death. -I can name basic body parts and know which parts are private.	-I can describe how to keep safe in the sun. -I know how to keep clean- basic hygiene. -I can name some similarities and differences between boys and girls.	-I know that my body is changing as I grow and some of the changes that occur throughout life. -I know how to keep clean- with mention of some hygiene products. -Name basic body parts and know which parts are private. -Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene.	-I can describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions. -I can name some physical changes throughout puberty- changes to body parts and introduction of hormones- why this happens? -I know who to communicate with about changes in my body?	-I know the changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty. -I can explain the nature and role of menstruation in the fertility cycle and how to manage periods. -I can highlight the differences between boys and girls with regard to puberty. -I can describe how my emotions may change and intensify as I grow and move through puberty.	I can explain the week by week development of the baby in its mother's womb and the stages of pregnancy. I can describe the differences between boys and girls with regard to puberty and reproduction. I can explain different ways a baby can be born.

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Sex Education	N/A	N/A	N/A	N/A	N/A	<p>-I can explain how human life is conceived in the womb, including the language of sperm and ova. (Describe how a sperm fertilizes an egg at conception but intercourse is not explained in detail).</p>	<p>-I can explain how human life is conceived in the womb, including the language of sperm and ova through sexual intercourse.</p> <p>-I can explain sexual attraction.</p> <p>-I can discuss the issues and the laws surrounding consent.</p> <p>-I can give some examples of other ways families are formed.</p>
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