



ESF Progression in PSHE /RSE Knowledge - Year 1



	Year 1
Families and People who care for us	I am beginning to know that families are important for children growing up because they can give love, security and stability.
	I am beginning to know what the characteristics of healthy family life are: a commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
	I am beginning to know how to recognise if family relationships are making me feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring Friendships	I am beginning to know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	I am beginning to build my knowledge in knowing how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful Relationships	I am beginning to know the importance of respecting others, even when they are very different from me (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
	I am beginning to know it is important to have good manners and what these look like.
	I am beginning to know that in school and in the wider society I can expect to be treated with respect by others, and that in turn I should show due respect to others, including those in positions of authority.
Safe Relationships	I can recognise that somethings are private and the importance of respecting privacy and the importance of respecting privacy; that parts of my body covered by underwear are private.
	I know how to respond if physical contact makes me feel uncomfortable or unsafe.
	I know there are situations when I should ask for permission and when my permission should be sought.
Online Relationships	I know who to tell if I see something which I am unsure of online.
Being Safe	I know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
	I am beginning to know each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
	I am beginning to know how to respond safely and appropriately to adults I may encounter (in all contexts, including online) which I do not know.
	I am beginning to know how to recognise and report feelings of being unsafe or feeling bad about any adult.

Mental Wellbeing	I am beginning to know how to recognise and talk about my emotions, including having a very basic vocabulary of words to use when talking about my own and others' feelings.
	I am beginning to know how to judge whether what I am feeling and how I am behaving is appropriate and proportionate.
	I am beginning to know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
	I am beginning to know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
Physical Health and Fitness	I am beginning to know about how physical activity helps us to stay healthy; and ways to be physically active every day.
	I am beginning to know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
Healthy Eating	I am beginning to know about foods that support good health.
	I am beginning to know about the effects of eating too much sugar, fats.
	I am beginning to think what would make a good healthy diet.
Health and Prevention	I know why sleep is important and different ways to rest and relax.
	I know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.
	I know how to keep safe in the sun and protect skin from sun damage.
	I know simple hygiene routines that can stop germs from spreading.
Growing and Changing	I know how feelings can affect peoples' bodies and how they behave.
	I know how to recognise what others might be feeling.
	I can recognise that not everyone feels the same at the same time, or feels the same about the same thing.
	I can recognise what makes me special.
	I can recognise the ways in which I am unique.
	I can identify the things I am good at.
	I know how to manage when I am finding things difficult.
Basic first Aid	I know how to make a clear and efficient call to emergency services if necessary.