



ESF Progression in PSHE /RSE Skills and Knowledge - Year 6



	Year 6
Caring Friendships	I know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
	I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
Respectful Relationships	I know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
	I know the importance of self-respect and how this links to their own happiness.
	I know what a stereotype is, and how stereotypes can be unfair, negative or destructive.
	I know how to compare the features of a healthy and unhealthy friendship.
Being Safe	I know about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong.
	I know how to get advice and report concerns about personal safety including online.
	I know what consent means and how to seek and give/not give permission in different situations.
	I know how to recognise and report feelings of being unsafe or feeling bad about any adult.
	I know how to ask for advice or help for myself or others, and to keep trying until I am heard.
	I know about the risks and effects of legal drugs common to everyday life and their impact on health, I can recognise that drug use can become a habit which can be difficult to break.
	I can recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.
	I know why people choose to use or not use drugs (including nicotine, alcohol and medicines).
	I know about the mixed messages in the media about drugs including alcohol and smoking/vaping.
	I know about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use.
Mental Wellbeing	I know how to recognise and talk about my emotions, including having a varied vocabulary of words to use when talking about my own and others' feelings.
	I know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
	I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
	I know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
	I know isolation and loneliness can affect me and others, and that it is very important for us to discuss our feelings with an adult and seek support.

Physical Health and Fitness	I know the characteristics and mental and physical benefits of an active lifestyle.
	I 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 know what constitutes a healthy diet (including understanding calories and other nutritional content).
	I know the principles of planning and preparing a range of healthy meals.
	I know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Health and Prevention	I know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
Growing and Changing	I can recognise some of the changes as I grow up. For example: Increasing independence.
	I know about what becoming more independent might be like, including how it may feel.
	I know about the transition to secondary school and how this may affect my feelings.
	I know about how relationships may change as I grow up or move to secondary school.
	I know practical strategies that can help me to manage times of change and transition. For example practising the bus route to secondary school.
	I can identify the links between love, committed relationships and conception.
	I know what sexual intercourse is and how it can be one part of an intimate relationship between consenting adults.
	I know how pregnancy occurs i.e when a sperm meets an egg and the fertilised egg settles into the lining of the womb.
	I know that pregnancy can be prevented with contraception.
	I know about the responsibilities of being a parent or carer and how having a baby changes someone's life.