

Angel Oak Academy PSHE/ RSE Key Learning Indicators

		Relationships			Health and Wellbeing		
		Families and friendships	Safe relationships	Respecting ourselves and others	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Reception	Recognising the importance of friendship				Feelings and emotions		
	Recognising the importance of saying sorry and forgiveness				Friends can make us happy; welcoming new friends; feeling left out		
	Recognising that all families are different						
Year 1	Roles of different people in our lives; families; feeling cared for				Recognising what makes each person unique		
					Managing feelings/emotions; managing when things go wrong		
Year 2	Respectful relationships				Recognising that friends can be different		
	Gender stereotypes; differences between males and females				Growing older		
					Naming body parts; physical differences between males and females		
Year 3	Personal boundaries; safely and respectfully responding to others; the impact of hurtful behaviour; recognising respectful behaviour; the importance of self-respect; courtesy and being polite; appropriate and inappropriate physical contact				Human lifecycle		
	What makes a family; different types of family; features of family life; who to go to for help and support				Naming body parts		
					Who to go to for help and support inside and outside school		
Year 4	Positive friendships, respectful relationships; healthy relationships including online				Physical and emotional changes in puberty		
	Responding to hurtful behaviour; managing confidentiality; recognising risks online				Personal hygiene routines; support with puberty		
	Respecting differences and similarities; discussing difference sensitively						
Year 5	Positive friendships, respectful relationships; healthy relationships including online managing friendships and peer influence				Physical and emotional changes in puberty		
	Responding to hurtful behaviour; managing confidentiality; recognising risks online; physical contact and feeling safe				Personal hygiene; the impact of puberty on the body; menstruation and sperm production; ways to get support during puberty; mental wellbeing; recognising individuality		
	Respecting differences and similarities; discussing difference sensitively						
Year 6	Positive and respectful relationships; communication and respect; permission seeking (consent); types of family; conception and pregnancy				Physical and emotional changes in puberty		
	Expressing opinions and respecting other points of view, including discussing topical issues				Puberty and reproduction; how and why the body changes during puberty		
					Families, conception and pregnancy; different ways people can start a family; decisions before having children; conception and pregnancy		
					Online relationships; keeping personal information safe; when is it appropriate to share personal/ private information in a relationship; how and where to get support if an online relationship goes wrong		