



Grove Lea Primary R.S.E Progression Skill Grid

Spring 2: Healthy Me

	Y1	Y2	Y3	Y4	Y5	Y6
Knowledge	<u>By the end of Y1 we should know...</u>	<u>By the end of Y2 we should know...</u>	<u>By the end of Y3 we should know</u>	<u>By the end of Y4 we should know...</u>	<u>By the end of Y5 we should know...</u>	<u>By the end of Y6 we should know...</u>
	keeping myself healthy • Healthier lifestyle choices • Keeping clean • Being safe • Medicine safety/safety with household items • Road safety • Linking health and happiness • I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. • I can give examples of when being healthy can help me feel happy	. Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food • I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. • I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices	. Exercise • Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and offline scenarios • Respect for myself and others • Healthy and safe choices • I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services. • I can express how being	Healthier friendships Group dynamics • Smoking • Alcohol • Assertiveness • Peer pressure • Celebrating inner strength • I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. • I can identify feelings of anxiety and fear associated with peer pressure	Smoking, including vaping • Alcohol • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food Healthy choices • Motivation and behaviour • I can explain different roles that food and substances can play in people's lives. • I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.	Taking personal responsibility • How substances affect the body • Exploitation, including 'county lines' and gang culture • Emotional and mental health • Managing stress • I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. • I can identify and apply skills to keep myself emotionally healthy and to manage stress



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			anxious/ scared and unwell feels		• I can summarise different ways that I respect and value my body	and pressure



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	<u>Y1</u>	<u>Y2</u>	<u>Y3</u>	<u>Y4</u>	<u>Y5</u>	<u>Y6</u>
Tier 3 Vocabulary	Healthy Healthy lifestyle Safe Medicine Road safety Amazing	Motivation Healthier choices Relaxation Healthy eating Nutrition Unsafe.	Exercise Fitness Food labelling Food swaps Attitude Scenario Emergency services anxious	Smoking Alcohol Substance abuse. Assertiveness Peer pressure	Vaping Emergency aid Body image Anorexia Bulimia Eating habits Eating disorders.	Exploitation Child criminal exploitation County lines Personal responsibility Emotional health Mental health Stress.