



PSHE/RSE Progression of Skills: EYFS to Year 6

Year Group	Created and Loved by God	Created to Love Others	Created to Live in Community
Nursery	<ul style="list-style-type: none"> - Understand they are special and loved by God - Recognise their bodies as good and created by God - Develop self-confidence and self-esteem 	<ul style="list-style-type: none"> - Show kindness and compassion to others - Recognise similarities and differences - Understand importance of saying sorry and forgiveness 	<ul style="list-style-type: none"> - Understand belonging to a family and community - Show responsibility for caring for the environment - Participate in group activities and celebrations
Reception	<ul style="list-style-type: none"> - Celebrate uniqueness and identity as God's creation - Recognise and name emotions - Understand importance of healthy habits 	<ul style="list-style-type: none"> - Develop empathy and kindness - Recognise positive and negative behaviours - Understand importance of friendship and cooperation 	<ul style="list-style-type: none"> - Understand different communities they belong to - Recognise roles of people who help us - Begin to understand rules and responsibilities
Year 1	<ul style="list-style-type: none"> - Know they are created in God's image - Understand body care and health - Recognise God's love and friendship 	<ul style="list-style-type: none"> - Identify special people and relationships - Understand appropriate behaviours - Learn about forgiveness and saying sorry 	<ul style="list-style-type: none"> - Understand community and living together - Learn about democracy and rules - Participate in group decisions
Year 2	<ul style="list-style-type: none"> - Identify feelings and emotions - Understand life stages and changes - Recognise God's presence in change and growth 	<ul style="list-style-type: none"> - Recognise bullying and how to respond - Understand safe and unsafe secrets - Learn about respect and kindness 	<ul style="list-style-type: none"> - Understand different communities and roles - Learn about money and needs vs wants - Recognise importance of caring for the environment



Year 3	<ul style="list-style-type: none"> - Understand vocation and purpose - Learn about sacraments and forgiveness - Respect and care for their bodies 	<ul style="list-style-type: none"> - Develop positive friendships - Understand bullying and exploitation - Learn about emotional wellbeing 	<ul style="list-style-type: none"> - Understand Church as a community - Learn about teamwork and cooperation - Respect diversity and different faiths
Year 4	<ul style="list-style-type: none"> - Recognise and manage emotions - Understand puberty as God's plan - Build resilience through thankfulness 	<ul style="list-style-type: none"> - Learn about healthy relationships and boundaries - Understand abuse and how to seek help - Develop empathy and respect 	<ul style="list-style-type: none"> - Learn about rights and responsibilities - Understand money management - Respect different cultures and beliefs
Year 5	<ul style="list-style-type: none"> - Understand physical and emotional changes in puberty - Recognise gifts and talents - Build self-confidence grounded in faith 	<ul style="list-style-type: none"> - Understand consent and bodily autonomy - Learn about pressure and strategies to resist - Challenge prejudice and promote inclusion 	<ul style="list-style-type: none"> - Understand Catholic Social Teaching - Learn about jobs and vocations - Develop leadership and community service skills
Year 6	<ul style="list-style-type: none"> - Understand body image and media influence - Learn about emotional changes and coping strategies - Understand death and grieving in a faith context 	<ul style="list-style-type: none"> - Recognise cyberbullying and online safety - Understand types of abuse and how to seek help - Make responsible choices about substances 	<ul style="list-style-type: none"> - Apply Catholic Social Teaching in community - Learn about money management and budgeting - Prepare for transition and community leadership