



RSHE PROGRESSION WITH TEN:TEN

Building knowledge, understanding and skills for life

A SPIRAL CURRICULUM

Key themes are revisited every year with increasing depth and maturity, preparing our pupils for the future.



	 EYFS Ages 3–5	 YEAR 1–2 Key Stage 1	 YEAR 3–4 Lower Key Stage 2	 YEAR 5–6 Upper Key Stage 2	 YEAR 6 End of Primary
	Learning through play, exploration and relationships	Building foundations and learning how to stay safe & healthy	Developing understanding, independence and empathy	Deepening knowledge, skills and preparing for adolescence	Preparing for secondary school and life beyond primary
 RELATIONSHIPS & FRIENDSHIPS	 Making friends Sharing, taking turns Being kind	 Good friendships Resolving simple disagreements Families and people who care	 Healthy friendships Respectful relationships Feelings in relationships Managing conflict	 Relationship values Respect & commitment Online relationships Recognising pressure	 Healthy, respectful relationships Attraction Consent (age appropriate) Building a life together
 HEALTHY LIFESTYLES	 Keeping our bodies healthy Healthy food, sleep and play	 Healthy choices Hygiene routines Physical activity Balanced diet	 Healthy routines Effects of diet & exercise Dental health Sun safety	 Lifestyle choices Impact on health Alcohol, drugs & tobacco education	 Long-term health choices Sleep, diet, exercise Independence & responsibility
 KEEPING SAFE & ONLINE SAFETY	 Safe adults Safe & unsafe situations Rules to keep safe	 Trusted adults Body safety Secrets Road safety	 Online safety Personal information Bullying & cyberbullying Medicines safety	 Online harms Privacy & security Reporting concerns FGM (safeguarding)	 Online reputation Pornography (safety) CSE & exploitation Consent & boundaries
 EMOTIONAL WELLBEING	 Naming feelings Happy, sad, angry Coping strategies	 Managing feelings Calming down Asking for help	 Self-esteem Resilience Worry & anxiety Empathy	 Mental health Stress management Body image Seeking support	 Self-identity Emotional resilience Managing change Support networks
 GROWING & CHANGING	 Life cycles Babies & growing Respecting our bodies	 Growing & changing Naming body parts Privacy Feeling proud	 Puberty changes Physical & emotional changes Personal hygiene	 Puberty in more depth Menstruation Wet dreams Managing change	 Reproduction Conception & birth Respect & responsibility Preparing for secondary school
 RESPECT & DIVERSITY	 We are all different Being kind Treating others well	 Similarities & differences Celebrating diversity Bullying is wrong	 Respecting everyone Stereotypes Disability awareness Fairness	 Protected characteristics Challenging prejudice Inclusion	 Equality Act Gender identity & sexual orientation Valuing difference
 CATHOLIC SOCIAL TEACHING	 God loves me We are all special	 We are one family Love and care for others	 Dignity of every person The common good Caring for creation	 Solidarity Stewardship Dignity, rights & responsibilities	 Building a better world Living out our faith in action



Each year, we revisit these topics with increasing maturity, ensuring children know more, remember more and can do more.



Preparing children for life in all its fullness.

(John 10:10)

