RHE Standards Grid

Statutory RHE standards — each category's year summary

	Key Stage 1		Key Stage 2			
STANDARD	**Y1** FOUNDATION	**Y2** DEVELOP	**Y3** APPLY	**Y4** DEEPEN	**Y5** EXTEND	**Y6** CONSOLIDATE
Relationships Education — Families and People Who Care for Me F1 - F6	Children begin to understand that families and the people who care for them provide love, care, security and support. They begin to recognise that families can look different and that relationships within families matter.	Children recognise that families can be different while still being characterised by love and care. They begin to think about the people who care for them and the importance of supportive relationships.	Children apply their understanding of caring relationships to different family situations and recognise that relationships can experience difficulties as well as positive experiences.	Children explore the characteristics of safe and caring family relationships, including commitment, care, trust and support.	Children develop a more mature understanding of relationships, identity and the different experiences people may have within families and wider relationships.	Children consolidate their understanding of families, commitment and caring relationships, including the meaning of marriage and civil partnership, and recognise the importance of stable and respectful relationships.
Relationships Education — Caring Friendships CF1 - CF7	Children learn what makes a good friend: kindness, listening, sharing, inclusion and helping others. They begin to recognise how their actions affect other people.	Children develop skills for making and maintaining friendships and begin to recognise that friendships can have difficulties and need care.	Children apply friendship skills to situations involving disagreement, loneliness, conflict and supporting others.	Children explore what makes friendships healthy and secure, including trust, respect, honesty, kindness and repairing relationships when things go wrong.	Children consider more complex friendship situations, including pressure, loneliness, bullying, exclusion and the impact of their choices on others.	Children consolidate their understanding of healthy friendships and develop greater independence in recognising unhealthy relationships, managing conflict, supporting others and seeking help when needed.
Relationships Education — Respectful, Kind Relationships RR1 - RR11, RR1-RR11	Children begin to understand kindness, respect, listening, sharing and noticing the needs of others.	Children develop their ability to communicate respectfully, manage disagreements and recognise how their behaviour affects relationships.	Children apply respectful communication and boundary-setting to friendship and relationship situations, including disappointment and conflict.	Children explore healthy boundaries, assertiveness, respect, identity, stereotypes and the difference between healthy and unhealthy behaviour.	Children develop a deeper understanding of self-respect, identity, bullying, stereotypes, boundaries and the impact of relationships on wellbeing.	Children bring together their understanding of respectful relationships, boundaries, communication, self-respect, bullying and seeking help, preparing them for increasingly independent relationships.
Relationships Education — Online Safety and Awareness OS1 - OS6	Children begin to understand that the same values of kindness and respect apply when using technology and interacting online.	Children begin to recognise that people and information online may not always be what they appear to be and learn simple strategies for staying safe.	Children apply online safety principles to situations involving identity, privacy, strangers, information and harmful content.	Children develop their ability to recognise online risks and think critically about online relationships and information.	Children explore increasingly complex online situations, including sharing information, images, privacy, online pressure and the permanence of online content.	Children consolidate their online safety knowledge and develop greater independence in evaluating online relationships, information and risks and knowing when and how to seek help.
Relationships Education — Being Safe BS1 - BS7	Children begin to recognise safe and unsafe situations and identify trusted adults who can help them.	Children develop their ability to recognise situations that may not feel right and practise ways of responding and getting help.	Children apply safety strategies to different situations and develop confidence in saying no, seeking help and supporting others.	Children explore more complex situations involving boundaries, relationships, online behaviour and personal safety.	Children develop greater awareness of risk, pressure, bullying, online safety and how to respond when something feels unsafe.	Children bring together their safety knowledge and develop confidence in making safe decisions, maintaining boundaries and seeking appropriate support.
Health Education — Health and Wellbeing GW1 - GW10, GW - GW	Children learn to recognise emotions, identify things that make them feel good and begin to understand that they can choose how they respond to difficulties.	Children develop emotional vocabulary and begin to explore strategies for managing feelings, building self-esteem and responding positively to challenges.	Children apply strategies for managing emotions, disappointment, stress and difficult situations. They begin to recognise when they or others may need support.	Children explore stress, mental wellbeing, resilience, self-awareness and the ways that thoughts, feelings and behaviour are connected.	Children develop a deeper understanding of mental wellbeing, loneliness, pressure, emotional responses, resilience and the importance of seeking help.	Children consolidate strategies for maintaining positive mental wellbeing and develop greater independence in recognising difficulties, managing emotions and accessing support.
Health Education — Wellbeing Online WO1 - WO11, WO1- WO11	Children begin to understand that technology should be used safely and respectfully.	Children begin to recognise that online content and interactions can affect how people feel and behave.	Children apply simple strategies for protecting themselves online and recognising trustworthy and untrustworthy information.	Children develop their understanding of online identity, privacy, information, relationships and responsible choices.	Children explore digital footprints, personal information, online pressure, gaming, sharing content and the consequences of online choices.	Children develop greater independence in managing their digital lives, protecting personal information, evaluating online content and making responsible choices.
Health Education — Physical Health and Fitness PH1 - PH4	Children begin to understand that their bodies need healthy food, movement, rest and care.	Children develop an understanding of healthy choices and begin to recognise how everyday habits affect health.	Children apply healthy choices to different situations and consider how physical health connects with emotional wellbeing.	Children develop greater understanding of physical and emotional health, including stress, sleep and healthy routines.	Children explore the connections between physical health, mental wellbeing, sleep, puberty and changing bodies.	Children consolidate their understanding of healthy lifestyles and develop greater independence in making choices that support long-term physical and emotional health.
Health Education — Healthy Eating HE1 - HE4	Begin to recognise foods that help us stay healthy and understand that food gives our bodies energy. Begin to develop positive attitudes towards food.	Develop understanding of a healthy, balanced diet and the importance of making healthy food choices.	Explain why a varied diet is important and begin to understand nutritional content and the effect of food choices on health.	Understand how healthy eating supports physical health and wellbeing and begin to recognise the risks associated with an unhealthy diet.	Understand the importance of a healthy relationship with food, the characteristics of a poor diet and associated health risks. Develop skills in planning and preparing healthy meals.	Consolidate understanding of healthy eating, including nutritional content, healthy relationships with food, meal planning and preparation, and the longer-term risks associated with unhealthy eating.
Health Education — Drugs, Alcohol, Tobacco and Vaping DAT1	—	—	—	—	Understand the facts and risks associated with smoking, vaping, alcohol and drug-taking. Understand that nicotine is addictive and that nicotine addiction can also result from nicotine products such as nicotine pouches.	Consolidate factual knowledge about legal and illegal harmful substances, including smoking, vaping, alcohol and drug-taking. Understand associated risks and apply knowledge to situations involving pressure, choices and personal safety.

	Key Stage 1			Key Stage 2		
STANDARD	**Y1** FOUNDATION	**Y2** DEVELOP	**Y3** APPLY	**Y4** DEEPEN	**Y5** EXTEND	**Y6** CONSOLIDATE
Health Education — Health Protection and Prevention HP1 - HP6	Develop basic habits for personal hygiene, dental care, sleep and protection from the sun. Begin to understand that these habits help keep our bodies healthy.	Develop consistent healthy routines including hygiene, dental care, sleep and sun safety. Recognise simple signs that something may be wrong with our health	Apply knowledge of hygiene, sleep, sun safety and dental care to everyday situations. Begin to understand how illness and germs can spread.	Deepen understanding of how lifestyle and protective behaviours affect health, including sleep, sun exposure, oral health and hygiene.	Understand the importance of prevention and recognise when changes in the body or health may need attention. Understand vaccination and immunisation using factual and scientific information.	Consolidate knowledge of protecting physical health, including recognising changes in the body, preventing illness, maintaining good hygiene and oral health, protecting skin from the sun, getting sufficient sleep and understanding vaccination and immunisation.
Health Education — Personal Safety & Basic First Aid PS1 - PS2, BF1 - BF2, PS1 - PS2, BF1 - BF2	Begin to recognise everyday hazards and understand simple ways to keep safe around roads, water and other potentially dangerous situations.	Develop awareness of different risks and how to reduce them. Know how to seek help when someone is hurt or unsafe.	Apply safety rules to different situations and recognise when emergency help may be needed.	Develop confidence in assessing risk and responding appropriately to accidents and injuries.	Develop practical knowledge of basic first aid and how to respond safely to accidents and emergencies.	Consolidate understanding of risk, personal safety, basic first aid and when and how to contact emergency services. Understand the importance of reporting incidents rather than filming them.
Health Education — Developing Bodies DB1 - DB3	Begin to understand that people grow and change throughout their lives and that bodies are different. Begin to use appropriate language for body parts and understand that some parts are private.	Develop understanding of human growth and the lifecycle. Reinforce correct names for body parts and the idea of bodily privacy and personal boundaries.	Understand that puberty is a natural stage of development and that bodies change as people grow. Develop confidence in talking about bodies appropriately.	Develop understanding of puberty and the physical and emotional changes that happen during adolescence. Introduce menstruation and what to expect.	Deepen understanding of puberty, menstruation and the changes that happen during adolescence. Develop knowledge of body privacy, boundaries and appropriate language.	Consolidate understanding of the human lifecycle, puberty, physical and emotional changes, menstruation, correct terminology, privacy and personal boundaries, preparing pupils for the transition to secondary school.