

Bennerley Fields School

RSE Progression Map (Stages 1–4)



Curriculum Intent

RSE at Bennerley Fields develops from understanding self, safety and relationships in Stage 1 to making informed decisions about relationships, health and wellbeing by Stage 4. Pupils progressively develop the knowledge, skills and confidence needed for healthy relationships, personal safety, independence and preparation for adulthood.

Bennerley Fields School RSE Progression Map

Phase	Relationships	Safety	Health & Wellbeing	Growing & Changing	Communication & Self-Advocacy
Stage 1	Kindness, sharing, respectful behaviour, friendships	Safe strangers, personal/private, trusted adults	Feeling unwell, medicines, staying safe	Body parts, baby to child, positive touch	Expressing feelings and needs
Stage 2 Engagement	Recognising respect, playing cooperatively	Safe and unsafe situations, public/private places	Healthy choices and self-care	Growth, hygiene, body awareness	Communicating preferences and choices
Stage 2	Friendships, respect, differences, repairing relationships	Trust, body ownership, privacy, personal safety	Medicines, alcohol awareness, smoking awareness	Puberty, body changes, personal care	Asking for help and discussing concerns

Phase	Relationships	Safety	Health & Wellbeing	Growing & Changing	Communication & Self-Advocacy
Stage 3	Healthy relationships, prejudice, discrimination	Personal safety, personal space, unwanted contact	Drugs, alcohol, vaping, health professionals	Physical, emotional and social changes, consent	Reporting concerns and making informed choices
Stage 4	Boundaries, healthy adult relationships, equality	Harassment, safeguarding, reporting, legal responsibilities	Substance misuse, peer pressure, accessing support	Reproduction, sexual health, contraception, consent	Self-advocacy, independence and decision making
Preparation for Adulthood	Positive relationships at home, work and in the community	Keeping safe independently	Managing physical and emotional wellbeing	Healthy adult relationships	Communicating needs, choices and rights independently

RSE Concept Progression

RSE Concept	Stage 1	Stage 2 E	Stage 2	Stage 3	Stage 4
Relationships	Kindness	Friendship	Respect	Healthy Relationships	Adult Relationships
Respect	Sharing	Cooperation	Acceptance	Diversity	Equality
Safety	Trusted Adults	Safe Choices	Trust & Privacy	Personal Safety	Safeguarding

RSE Concept	Stage 1	Stage 2 E	Stage 2	Stage 3	Stage 4
Online Safety	Safe Devices	Safe Exploration	Passwords & Sharing	Social Media	Digital Responsibility
Health	Feeling Well	Healthy Routines	Medicines	Drugs & Alcohol	Risk & Support
Growing Up	Growth	Hygiene	Puberty	Consent & Relationships	Sexual Health
Body Awareness	Body Parts	Personal Care	Body Changes	Physical & Emotional Change	Reproduction
Consent	Positive Touch	Personal Space	Body Ownership	Right to Say No	Consent & Law
Identity	Recognise Differences	Respect Others	Inclusion	Challenge Discrimination	Promote Equality
Communication	Express Feelings	Make Choices	Ask for Help	Report Concerns	Self-Advocacy

Relationships Golden Thread

Progression	
Kindness	
↓	
Friendship	
↓	

Progression	
Respect	
↓	
Healthy Relationships	
↓	
Boundaries	
↓	
Equality	
↓	
Adult Relationships	

Safety Golden Thread

Progression	
Safe Adults	
↓	

Progression	
Safe Choices	
↓	
Trust	
↓	
Privacy	
↓	
Personal Safety	
↓	
Safeguarding	
↓	
Independence	

Health & Wellbeing Golden Thread

Progression	
Feeling Well	
↓	
Self-Care	
↓	
Medicines	
↓	
Healthy Choices	
↓	
Drugs & Alcohol Awareness	
↓	
Risk Management	
↓	
Healthy Adulthood	

Growing & Changing Golden Thread

Progression	
Body Parts	
↓	
Growing Up	
↓	
Hygiene	
↓	
Puberty	
↓	
Consent	
↓	
Relationships	
↓	

Progression	
Reproduction	
↓	
Sexual Health	